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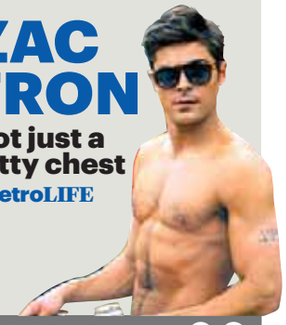


ZAC EFRON
Not just a pretty chest
metroLIFE


metroNEWS

**SOUND OF SUCCESS** Bragg Creek native earns 3 Grammy nods

# Ready or Not campaign 'not ready': Critic

HEALTH

## Abortion info missing from $440K pregnancy site

**Jeremy Simes**
For Metro | Calgary

Ready or Not, Alberta Health Service's new campaign for men and women is a "violation" of the organization's duty to best inform Albertans, according to Rebecca Sullivan, co-ordinator of the women's studies program at the University of Calgary.

The campaign — which can be found online at readyornotalberta.ca — lists what both genders can do if they're ready or not to have a baby.

But there are a few things missing on the "not" side like, abortion and Plan B information.

"If you're going to spend almost a half million dollars — using taxpayers' money — you're going to respect my legal rights and you're going to include abortion information, especially for women who don't know where to go," Sullivan said. "AHS deliberately withheld that information."

Dr. Gerry Predy, AHS's senior medical officer of health, said AHS didn't include abortion because it didn't fit the site's mandate.

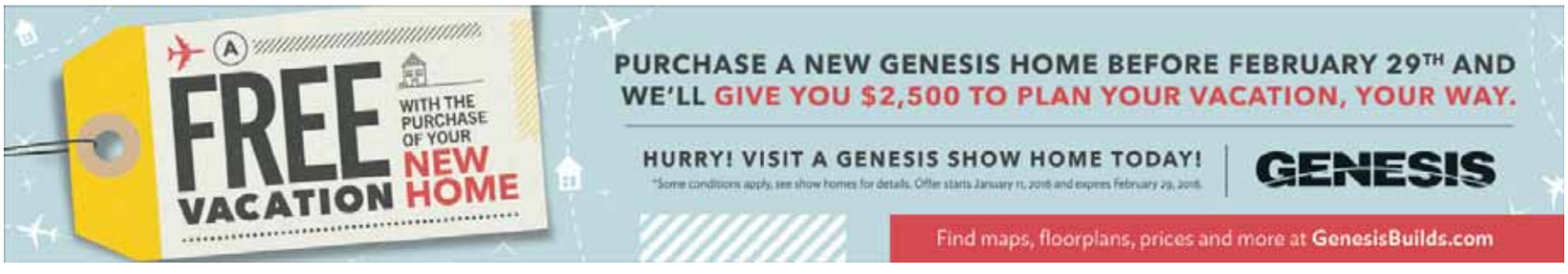
"I think (abortion) is a decision people think about once they're already pregnant," he said. "This is trying to focus on before you actually get pregnant. I think the message here is, 'If you're not ready, use birth control.'"

Sullivan isn't buying that — she said many women who aren't ready to have children think about getting an abortion if they become pregnant.

"The campaign is beyond not ready."

Pam Krause, Executive Director of the Calgary Sexual Health Centre, said AHS could have better spent the $440,000 to improve STI prevention.

Predy said doctors will use the site to provide patients with information, adding AHS will make changes if deemed necessary. AHS will also measure the site's engagement levels.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Weekend, January 22-24, 2016

**Playboy is suing two Canadian publications,** alleging they illegally reproduced revealing photos of supermodel Kate Moss. **Business**

# Social media spurs social change

AWARENESS

## Provincewide campaigns give new meaning to 'slacktivism'

**Aaron Chatha**
Metro | Calgary

In 2015, the SAIT Trojans and Team Shan teamed up to create a viral video encouraging Calgarians to regularly self-check for breast and testicular cancer. COURTESY SAIT TROJANS

Calgarians flexed their social media muscles in 2015 — contributing to dialogues in sexual abuse, mental health, breast cancer and even catching criminals.

A few years ago, a popular word associated with these campaigns was 'slacktivist,' meaning someone who retweets or likes a post of Facebook, but doesn't actually do anything in the real world.

Karen Richards, social networking strategist with MRU, said that's changing as awareness campaigns take the next step — creating actionable, in-person results.

The list of successful campaigns from 2015 includes #IBelieveYou, a provincewide campaign created by Association of Alberta Sexual Assault Services.

Deb Tomlinson, CEO, said before they began the campaign, they polled Albertans and asked two questions: If someone disclosed to you that they had been sexually assaulted, would you give a positive response, and would that response contain the words 'I believe you?'

After the social media campaign, a second poll was conducted and found the number of Albertans who would give a positive response doubled — and the number that would include the words 'I believe you' increased by five times.

The #IBelieveYou hashtag had a social reach of more than 1 million people.

"I'm 59 years old, so social media was not something I grew up with," said Tomlinson. "I wasn't fully convinced it would be as effective as it was. I'm blown away."

Richards said hashtags and social media campaigns not only reach a large number of people quickly, but are effective because a lot of people can jump into the conversation — assuming the topic is important to a large number of people.

"You can't just create a hashtag and the next day have global conversations that last a year," she said. "Things that are already established as important topics stay around longer."

Important topics to Calgarians included mental health and catching criminals.

The Calgary Police Service created hashtag #warrantwednesdays included a link to Calgary Crime Stoppers, with mug shots of wanted individuals. The link had been clicked 17,700 times as of Dec. 31.

Similarly, the hashtag #CHHSLetsTalk, created by a Crescent Heights High school student, had an even simpler call to action: share the hashtag, and a business or official will donate to mental health initiatives. It was retweeted 100,000 times and raised $20,000 for the Canadian Mental Health Association in 2015.

Richards said not only are campaigns with a call to action important for making real change in the world, but social media campaigns as an awareness tool can't be discounted, either — due to all the different platforms.

Team Shan partnered with SAIT Trojan Athletics to create a social media campaign focused on a single video, asking Calgarians to regularly do self checks for signs of cancer. The 'Check Yourself' video has been seen more than 58,000 times — allowing visual learners to engage in the conversation, in a way that makes the most sense to them.

"They could potentially see people talking about it on Twitter, photos on Instagram, six-second videos on Vine and maybe a live broadcast on Periscope," said Richards. "All around the same topic."

**17,700**

**#WarrantWednesdays garnered 17,700 views to the Calgary Police Service website**

**58,000**

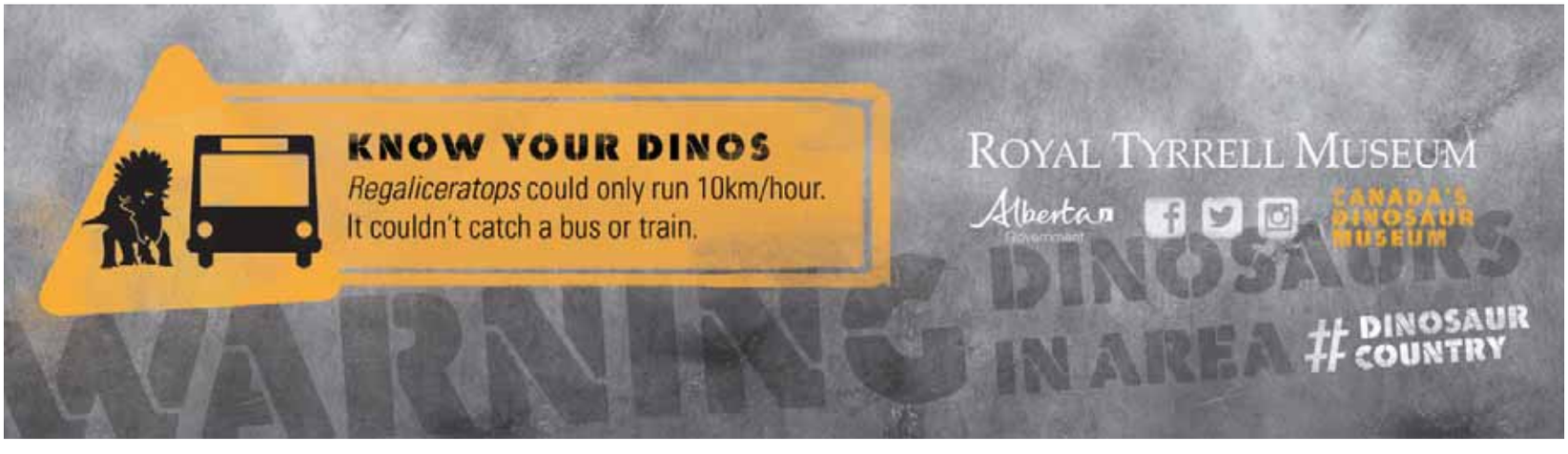
**The SAIT Trojans and Team Shan 'Check Yourself' video had more than 58,000 views**

#IBelieveYou

**Believing is a powerful defence against sexual assault.**

**1,100,419**

**#1BelieveYou reached 1,100,419 people**



EDUCATION

## Archbishop slams LGBT guidelines

Ryan Tumilty
Metro | Edmonton

Edmonton's Archbishop has added his voice to Catholic officials criticizing the province's guidelines to protect transgender students, calling out local school trustees for not doing enough to protect Catholic education.

Archbishop Richard Smith is out of the country, but sent a letter criticizing the new guidelines, which Education Minister Davd Eggen introduced last week.

In the letter, Smith said the guidelines are "not congruent" with Catholic teaching.

Eggen introduced the guidelines to help boards develop their own policies for accommodating student gender identities.

The letter comes soon after Calgary Bishop Fred Henry issued a similar missive against the new policy, which he claimed was "totalitarian."

Smith said the province's emphasis on allowing students to self-identify their gender creates problems.

"From this principle stems a number of suggestions for creating an artificial gender-neutral atmosphere in schools, often without proper regard to the rights and protections previously upheld for boys and girls and their mothers and fathers," he said.

Smith said schools should be accommodating and helpful to students struggling with gender identity and sexual orientation, but said the Catholic part of Catholic schools can't be brushed aside.

"A Catholic school cannot reasonably be expected to deny its faith base in its day-to-day operations and activities," he said.

# Clipped loonie puts strain on academics

CURRENCY

## Universities' purchasing power for journals eroding

Helen Pike
Metro | Calgary

A low Canadian dollar and vicious licensing fees are putting Calgary universities in a tough spot when it comes to their academic journal purchasing power.

According to Tom Hickerson, vice-provost of libraries and cultural resources, about 80 per cent of the University of Calgary's annual library budget is spent in U.S. dollars. He said the school has lost about 22 per cent of their purchasing capacity. Every time the dollar shifts by a penny, thousands of dollars in academic journal funds are lost.

Academic journal subscriptions are like cable TV bundles. Schools have to buy into packages, but may only get a few they actually use. The bulk of the cost comes from licensing fees.

"This has been a terrible situation for research libraries for a long time, but now we have the Canadian dollar losing its value," said Hickerson. "I look every morning, it's like looking into the face of doom."

Hickerson pointed out that the U of C isn't alone. Most universities are having trouble with the academic subscriptions, which have been going up in price about six per cent annually.

Over at Mount Royal University, the situation is no different. In a written statement, university librarian Carol Shepstone said they've been carefully monitoring the declining Canadian dollar and its impact on subscription costs.

"The University has provided direct funding to the library to help mitigate this significant decrease in purchasing power and to-date the library has been able to avoid large-scale cancellations and loss of important information resources," wrote Shepstone.

"The falling Canadian dollar, however, has only accentuated a precarious scholarly publishing system that sees average annual subscription cost increases of 6 per cent for costly "big deal" packages of journals which do not allow for selective title-by-title subscriptions. Reconsideration of the "big deal," as well as alternative publishing models such as open access initiatives may provide some relief to the current challenging environment."

Currently, the University of Calgary is examining their packages and eliminating those with the lowest use. Hickerson said they've set a goal to cut back $662,000.

He estimates in next year's budget the university will have already lost over $1 million in purchasing power.

> **"We really need to make some hard choices."**
> Tom Hickerson

"We really need to make some hard choices," Hickerson said.

Student Union vice-president academic Stephan Guscott said it's not as bad as it was in 1997, when a student referendum led to the implementation of a $10 library fee to help subsidize the purchase of journal packages. This fee is now at around $7.50 a year.

"Because it is a bit more of a challenging economic environment, it seems like the university is trying to find ways to stretch the dollars a bit more and find some efficiencies," Guscott said.

"In an environment where there is less collections available it can be a bit more difficult if a student is looking for something really specific … but when there are more collections available it doesn't necessarily have to be the most current collection."

Guscott said the library is doing its best to get resources to students.

In the past, the university has stepped in with extra dollars for the library, something Hickerson believes may happen again.

**With a low loonie, the University of Calgary is planning to cut $662,000 in academic journal subscriptions**, which are normally bought in U.S. dollars. JENNIFER FRIESEN/METRO

## EDUCATION

**U of C library boosts collection with digital**

With a virtual addition, the University of Calgary's library has doubled its young collection, giving it the breadth and depth of an older institution.

Through a partnership with major academic research institutions and a service called HathiTrust, the University of Calgary now has access to 3,000,000 more library titles at the click of a button.

In a matter of time, Tom Hickerson, vice-provost of libraries and cultural resources, said the school will have access to even more material as the books come out of copyright — some 13,000,000 pieces in total.

"If you lined them up alongside each other on a single shelf, the shelf would be 164 miles long, so you could almost go to Edmonton," Hickerson said. "This is a tremendous collection."

The materials are full texts of works in subject matter like history, visual arts, English and American literature, French, Italian, Spanish and Portuguese literature; Asian, African and Oceanic languages, industries, land use and labour, sociology and political science.

"We only began to build a collection 50 years ago," said Hickerson.

"But many research libraries across North America have been around for more than 100 years, and some for much longer than that … we're missing all of the material that proceeded that."

These books have the added advantage of being downloadable to student's desktops and mobile devices. METRO

**NOTICE OF HEARING FOR Temporary Guardianship Order**

**TO: Tania Holloway & Thomas Labelle**

Take notice that on the **5th day of February, 2016 at 2:00 P.M., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for a **Temporary Guardianship Order** for your child, born on **July 5th 2011.** If you wish to speak to this matter in court, you MUST appear in court on this date. You have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make any Order that they deem appropriate, including a Permanent Guardianship Order. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

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TRANSPORT

# Plan to put speed guns into more hands

**Brodie Thomas**
Metro | Calgary

Imagine a police cruiser not roaming neighbourhoods merely to serve and protect, but to radar in on residential speeding.

It's an idea Coun. Shane Keating has been working on for a while, and his notice of motion going before council Monday could take the city a step closer.

The problem with residential speeding enforcement, according to Keating, is that sworn officers assigned to monitor residential speed limits generally get called away to more pressing crimes before long.

Keating said it could be possible to have people who are certified to operate radar who are not sworn officers.

"I heard bylaw officers can give out speeding tickets if they have the right certification," he said. Keating thinks the idea could be taken further, and he's been talking to CPS about the possibility. His motion calls on the force to develop a residential traffic enforcement team framework.

Staff Sgt. Paul Stacey, with the Calgary Police Service, said the notice of motion is exciting for the police because it gives them the spark to try something new.

He said although he feels CPS is doing a good job, they're always striving to do better and to find new ways of tackling issues.

"We're not necessarily looking at non-police officers doing this — but right now the field is wide open and we have lot of latitude to come up with options to present to council in November," he said.

Keating said his motion goes hand-in-hand with the city's new focus on pedestrian safety.

**Ronald D. Southern** passed away at the age of 86 Thursday.
JENNIFER FRIESEN/FOR METRO

# End of an era at Meadows

VISIONARY FOUNDER

## Mayor leads tributes after equestrian icon Southern dies

**Helen Pike**
Metro | Calgary

Spruce Meadows founder and co-chairman Ronald D. Southern has died at the age of 86.

"In April of 1975 the Southern family officially opened Spruce Meadows," read the equestrian facility's press release Thursday.

"Over the last 40 years, Spruce Meadows, as a result of the leadership and vision of Ron Southern, has become an iconic sports venue and is today recognized as the leading venue in the world for international show jumping."

The release stated that Southern was known for his lifelong commitment to excellence, which he brought to every aspect of his life.

"The Founder's simple recipe of 'Good Friendship, Good Commerce and Good Sport' has provided valuable guidance and a wonderful platform for Spruce Meadows through the decades," read the statement.

Mayor Naheed Nenshi called Southern a true community builder, beyond his career as a prominent businessman.

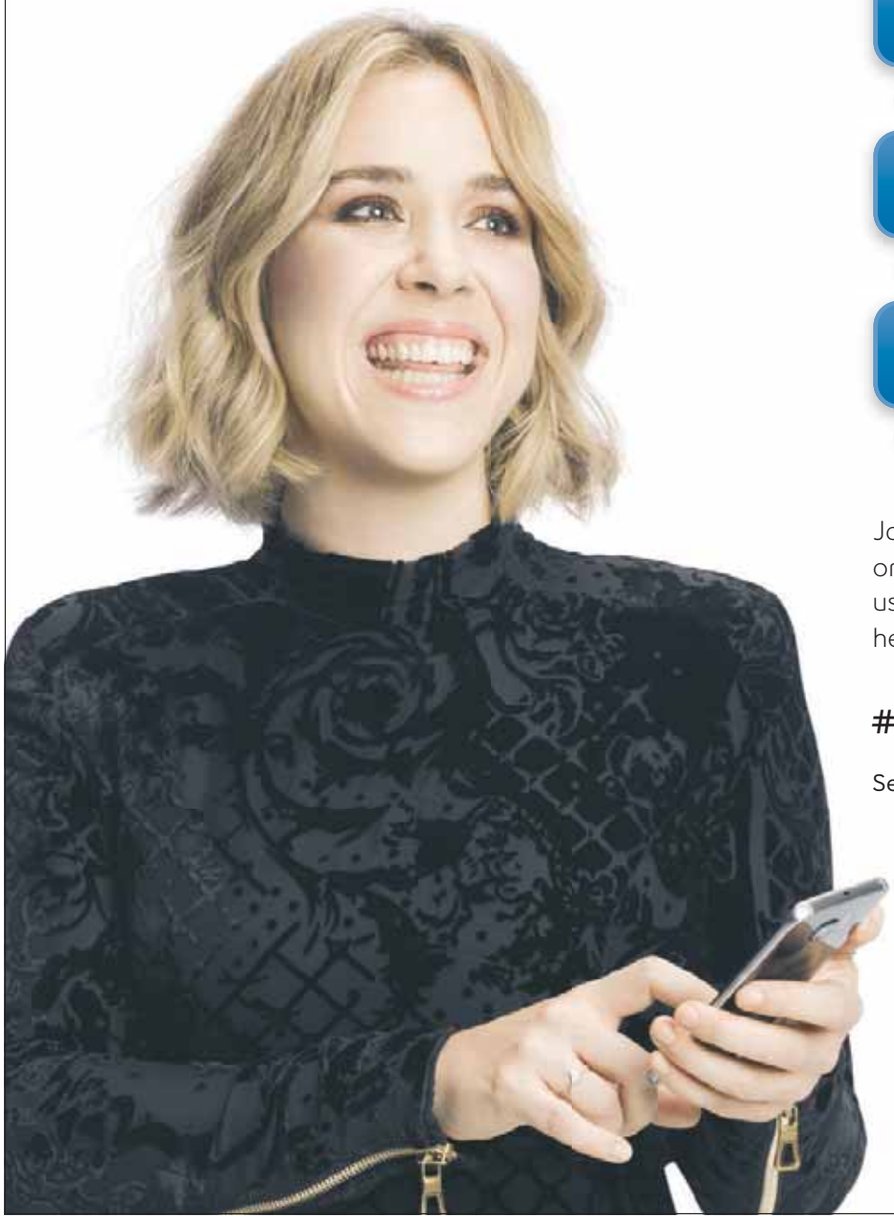
"I am very sad to learn of Ron Southern's passing," wrote Nenshi. "It is because of Ron's vision for Spruce Meadows more than 40 years ago that we as Calgarians are lucky enough to enjoy this iconic venue.

:And Spruce is only one example of the extraordinary work of Ron and his family. Their legacy is felt here every day and we will remember Ron with deep gratitude."

Roy Whitney, Chief of the Tsuut'ina First Nation also expressed deep sadness upon hearing about Southern's passing, calling the businessman a loyal friend to the Tsuut'ina people.

"Though a sad day for the Southern family and the many, many people touched by Ron's work, generosity and integrity, this is also a day where I choose to reflect with fondness and respect on a man who built so many things, created deep lifelong and personal friendships with the people he touched, and who did not just talk about respect for First Nations people — he demonstrated it," read the statement from Whitney.

> **It is because of Ron's vision for Spruce Meadows more than 40 years ago that we are lucky to enjoy this iconic venue.**
> Mayor Naheed Nenshi



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# CALGARY'S UNSOLVED KILLINGS

Lucie Edwardson
Metro | Calgary

**While there have been no homicides yet in 2016, the Calgary Police Service homicide unit is busy with 13 unsolved cases from 2015. Metro will revisit these homicides in coming weeks. This is the second weekly instalment in this series.**

## Mohameddek Ali Mohamud

At approximately 2:30 a.m., Wednesday, March 25, 2015, police were called to the 8800 block of Canada Olympic Drive SW, for reports of a body found on scene.

Following an autopsy the victim was identified as Mohameddek Ali Mohamud, 25, and a member of Calgary's Somali community.

Abdi Hersy, a Calgary Imam, described Mohamud as a "loving" and "caring" person whose death is mourned by the Somali community.

Calgary EMS said the body was not there for a prolonged period of time.

"This wasn't something that the patient had been lying there for hours on end, but unfortunately, we can't give a specific time," said spokeswoman Naomi Nania at the time of the crime.'

**Mohameddek Ali Mohamud.** METRO FILE

Police ask for people to come forward who may have seen Mohamud, or knew of his whereabouts before his body was discovered.

## Taylor John Zanoni

Police continue to investigate the murder of Taylor John Zanoni who was gunned down in broad daylight in Willow Park around 10:45 a.m., on Wednesday, May 27, 2015.

Police were called to an office building located in the 10300 block of Bonaventure Drive SE, due to gunshots being fired. Zanoni was transported to hospital where he later died.

He was the tenth murder victim in Calgary in 2015.

After police reviewed CCTV footage and interviewed a number of witnesses, they said the shooting didn't appear to have been random.

Court records indicate Zanoni was facing 33 charges in connection to a 2014 bust in which $250,000 worth of drugs and several weapons were seized, but Staff Sgt. Doug Andrus with the CPS homicide unit said there's nothing to indicate the death was gang or drug-related.

**Taylor John Zanoni.** METRO FILE

## Ryan Edward Delve

Described as a social activist and artist, Ryan Edward Delve was the victim in Calgary's 11th homicide in 2015.

At approximately 12:30 p.m., on Thursday, June 4, 2015, police were called to the pathway under the 5 Avenue Flyover bridge near the intersection of Riverfront Avenue SE and 4 Street SE. There, Delve, 43, was found dead.

Sally Truss, the executive director of the This is My City Art Society, described the 43-year-old as well spoken and thoughtful. He was working towards becoming an established artist in the city at the time of his death.

Investigators have interviewed numerous witnesses and associates, as well as reviewed CCTV, but said there are no updates. They continue to ask anyone who saw anything suspicious in the area between midnight and noon to contact them.

**Ryan Edward Delve.** METRO FILE

**Calgary police continue to investigate all three murders. Anyone with information about these cases can contact them at their non-emergency line 403-266-1234**

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TRAFFIC

# Transitway info session gets capacity crowd

Brodie Thomas
Metro | Calgary

A traffic snarl outside the Calgary Jewish Community Centre set the stage for a public meeting on — well — traffic.

Ready to Engage, a group that is opposed to the city's southwest transitway plan, had been promoting the evening session for a month, and people turned out in droves.

Rick Donkers, head of communications for the group, said the capacity in the room was 300, and people were queued up out to the parking lot, waiting to read the group's information boards.

"I don't know how city council can ignore a showing like this," said Donkers.

He said many people were signing the group's new petition, which they hope will be binding under the Municipal Government Act. If 10 per cent of the city population signs it, city council must address it.

"We want real change, said Donkers. "We want this to really be evaluated."

The meeting attracted people like Meaghan Evans, who said she has to travel down 90th Avenue and 14th Street every weekday to work.

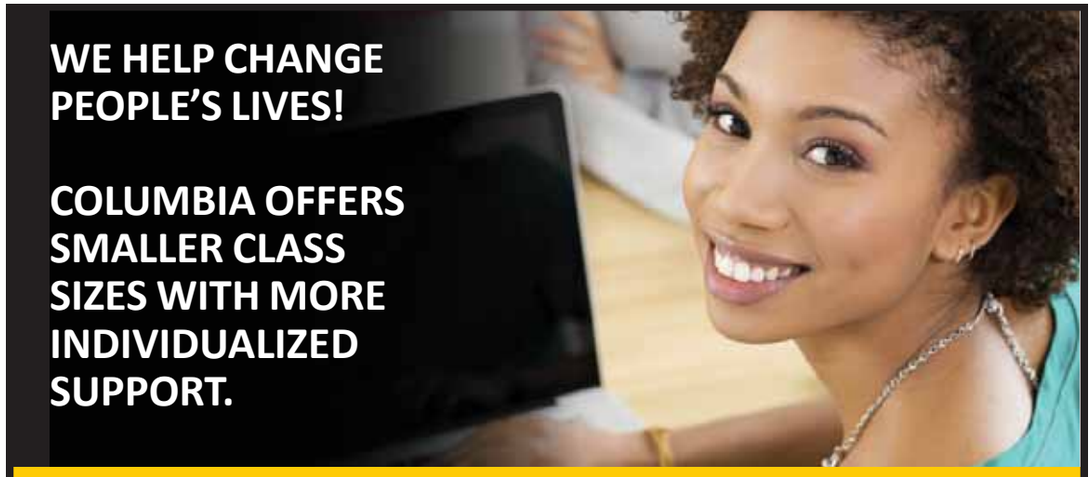
She was holding a pamphlet the city had recently mailed out to residents, explaining that there was a lot of "misinformation" about the project.

"I'm trying to get a balanced look — the city's information as well as this," said Evans.

She said the traffic snarl outside the community centre had her wondering what good buses would do for morning traffic.

She said buses would not be any good for her commute since she pays for parking.

"Even though they say they'd like you to take transit — the parking structure doesn't allow for it."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Hospital parking rates were frozen in Ontario, but Alberta plans to maintain its current rates. JENNIFER FRIESEN/FOR METRO

# Parking fees to stay same

HOSPITAL

## Rates are unreasonable and could be reduced: Visitor

Jeremy Simes
For Metro | Calgary

Some Albertans have become quite enraged with paying high hospital parking rates, but Alberta Health Services isn't planning to trim fees anytime soon.

Earlier this week, Ontario announced a new policy that will lower expenses for 900,000 patients and visitors.

The Ontario government froze parking rates for three years and, beginning Oct. 1, hospitals charging more than $10 a day to park will have to provide discounted passes that have in-and-out privileges, are transferable, and good for one year.

Many AHS hospitals in Calgary and Edmonton charge $2.25 per half hour. The maximum visitors pay per day is $14.25.

Kim Berly of Edmonton knows the situation well. She said she likely spent more than $300 on parking at Cross Cancer Centre, taking her loved one for chemotherapy treatments and other emergencies.

"Fortunately, I am able to pay these horrendous fees, although they do not make me happy," she said. "I feel like many can't afford it."

Hailey McBurney spent about $40 at the Foothills — she was driving in and out of the parkade to run errands, like drive her son to school.

In an emailed statement, AHS said it provides compassionate parking passes to patients and visitors facing financial hardship on a case-by-case basis.

It said parking fees are needed to cover the operating and maintenance costs of parking lots and the construction of new parking structures, adding its monthly passes are cheaper than the national average.

> Under $10 isn't unreasonable. $14.25 is outrageous.
> Kim Berly

Weekly passes are generally $40 in Alberta's major cities while monthly passes start at $71.

Still, Berly thinks AHS could reduce it's $14.25 day rate.

"Under $10 isn't unreasonable," she said. "$14.25 is outrageous."

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# Homegrown engineer up for three Grammys

RECOGNITION

## Shawn Everett says nominations are 'awesome'

Jeremy Simes
For Metro | Calgary

Shawn Everett used to consider himself a drummer — that is, until his dad gave him his first piece of recording equipment one Christmas.

"It was a match made in heaven," said Everett's dad, Bob. "Within 10 minutes of Shawn using (that equipment), he was like, 'Now I know what I want to do with my life.'"

Shawn Everett never gave up that dream — he's received three Grammy Award nods for engineering and sound mixing Alabama Shakes' second album, Sound & Color.

"It's pretty awesome," said Everett, who was taking a break from recording in Los Angeles. "You work forever doing this job, and to get a nomination like this is pretty exciting. It's like, 'Whoa, people are listening to this.'"

Sound & Color topped the charts around the globe and is up for six Grammys, three of which Shawn could receive an award for.

But, particularly, his name is on the list for best engineered album in the non-classical category.

> I think it's so important for parents to be endlessly supportive of their kids. Shawn Everett

In fact, music flows through the Everetts' veins. He gets it from his dad.

Bob used to drum for many local groups back in the day, last playing full-time in the '90s.

Shawn also grew up playing the drums and, at 15, would jam with his bandmates at his home in Bragg Creek.

"We had this room set up, and the band would come over. They sounded hot," said Bob Everett, who owns and operates Beat It Drums on 17 Avenue SW. "The recorder was the seed for the cattle, and they took off from there."

After high school, the younger Everett ventured into Calgary's music scene, learning from some of the city's best.

Rob Bartlett of Sundae Sound then hooked him up with the Banff Centre, he said.

"That place is so magical," Everett said. "It gives you the keys to the kingdom if you're willing and use them in a powerful way."

Everett then moved to L.A. about 10 years ago, mixing music for popular acts like, Weezer, Julian Casablancas of The Strokes, and Bob Dylan.

But, occasionally, he'll mix tracks for his dad.

"He always humours me," Bob Everett said. "No matter how busy he is, he always has time to mix a few tracks and I get a song out of it."

The last tape Shawn made for Bob is called Ba Ba Baby Boomer.

But according to Everett, he wouldn't be mixing in L.A. if it weren't for his dad and his mom, Rose.

"I owe them everything," he said. "I think it's so important for parents to be endlessly supportive of their kids. They were so supportive and never cut us down for trying. The success that both my sisters and I have had is 100 per cent because of them."

Bob and Rose Everett also have tickets for the awards show, including ones for the after-party.

"I think they're more excited than I am," Everett said with a laugh.

Let's see if he can snatch an award or two when the Grammys air on Feb. 15.

**Shawn Everett** engineered Alabama Shakes' Sound & Color.
COURTESY SHAWN EVERETT

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POLICE

# Man charged in unmanned drone incident

Lucie Edwardson
Metro | Calgary

Calgary police have laid charges against a Calgary man in relation to an unmanned aerial vehicle (UAV) incident that occurred near the Calgary International Airport earlier this month.

Sgt. Colin Foster said police observed a man in a public park, located near 2616 16 St NE, flying a UAV, commonly known as a drone, on Jan. 17, around 6:45 p.m. The drone was seen flying under the flight path of a Calgary airport runway.

According to police they then observed the man leaving the park and entering his vehicle, but before he could drive away, police conducted a traffic stop and arrested him for flying the UAV. Syed Gohar Haider Shah, 25, now faces one charge of interfering with a navigation facility to endanger the safety of an aircraft. This is the first charge of this nature in Calgary.

> Something like that getting sucked into the engine of the plane could cause catastrophic damage.
> Sgt. Colin Foster

He will appear in court Jan. 28.

Foster said it's illegal to fly a drone anywhere within nine kilometres of the airport.

He added drones that are flown in an unsafe way can endanger lives, aircrafts and property, and that it's the pilot's responsibility to make sure they know any rules or restrictions on these machines. He said there is no indication of any terrorism or intent to cause damage or harm.

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When three-year-old Zach McGrath discovered he was too short to reach the DVD player, he climbed the dresser to reach the controls and the TV collapsed on him.
"The kids were screaming and I could tell by their faces it was really bad," said Rhonda Samoleski, Zach's mother, who called 911 when she found her son buried under a TV and dresser.
The local fire department was first on scene, followed by paramedics — who knew Zach needed immediate critical care and called STARS.
"Everyone worked together to help save Zach but if STARS wasn't there for us it could have been very different," said Rhonda. "It's still hard to believe we have a happy ending."
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**Kirsty McGowan,** vice president of student life, has led the charge in creating women-only fitness classes.
JENNIFER FRIESEN/FOR METRO

# U of C adds female-only gym classes

PRIVACY

## Aim is to offer all students comfortable fitness options

Helen Pike
Metro | Calgary

There's nothing quite like a deep squat to send a gym novice into a self-conscious spiral, especially with buff bros looking on, ready to critique form at any moment.

But for women wanting to kick off the new year right there's a new array of classes at the University of Calgary aimed at women's fitness looking to build confidence in a safe space, away from prying eyes.

When a group of students approached Kirsty McGowan — vice president of student life — over concerns over a lack of space for women to work out on campus, she jumped into action.

"I felt it was extremely important that we do have options on campus that make everyone feel comfortable when it comes to fitness opportunities," McGowan said. "One of the key student groups I spoke to in the consultation was the Muslim Students' Association."

She added Active Living was immediately receptive to the idea, and wanted to give the Muslim women options to withdraw from classes, if a man happened to sign up. But in the end both parties settled on advertising ladies only classes to start in the fall.

Kurt Kinnear, director of Active Living at the University of Calgary, said Kinesiology's Active Living has offered yoga courses in the past to Muslim women.

"When we were approached by the Students' Union for more activities, we started to offer women-only classes," Kinnear wrote in a statement. He also added that they do gym orientations for women as well.

There are still co-ed classes for each of the six classes now with ladies-only time slots. McGowan said that although a group of Muslim women brought the issue to her attention, these new class offerings are something that can benefit the campus at-large.

> I felt it was important that we do have options on campus that make everyone feel comfortable when it comes to fitness opportunities.
> Kirsty McGowan, vice president of student life

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# A call to tighten day home rules

CEIRA LYNN MCGRATH

## Father of dead toddler sees system as risky

Lucie Edwardson
Metro | Calgary

The father of toddler Ceira Lynn McGrath, who died last November, and whose death was deemed suspicious, has some advice for parents.

Ryan McGrath said he would never advise using an unlicensed day home, saying there are few ways to know what's really going on.

"No matter how trusting someone seems, you can't take it at face value," he said.

Police were called to the day home in the 100 block of Silverado Ridge Cres. SW on Nov. 12, 2015, after receiving a report of a child in medical distress.

Ceira Lynn, only 18 months old, was rushed to hospital where she died shortly after.

McGrath said if he had the chance he would have done things differently.

"I would do a full tour of the house and I would check with Alberta (Child and Family) Services to see if there are any prior complaints for anything," he said.

> Seems to me people can do whatever they want behind closed doors. Ryan McGrath

**Ceira Lynn McGrath died in hospital last November** after she was reported in medical distress at her unlicensed day home. FACEBOOK

McGrath said because the day home where Ceira Lynn and her twin brother Colby spent their days is unlicensed, he has almost no way of finding any information about if there have been previous issues.

To file any sort of formal complaint he was told he needed very detailed information.

"I was told I would need to have specific evidence of more than six children, or a child in immediate harm with either their full name or a parent's full name, and I would never know that," he said.

The Ministry of Human Services confirmed this.

"Regions will investigate complaints that could potentially violate the Child Care Licensing Act and Regulations," the ministry said in an email to Metro.

"For example, if a private babysitter is reported to care for more than six children in addition to their own, the Ministry would investigate."

The ministry said in 2014-15 there were 67 complaint investigations with 25 confirmed unlicensed operators.

McGrath said he's heard rumours of complaints against the unlicensed day home his kids attended, but said he has no way of finding out.

"Seems to me people can do whatever they want behind closed doors and that's scary," he said.

Metro attempted to reach the day home operator but calls were not returned by press time. McGrath believes rules need to change surrounding day homes in the province.

"There's the most relaxed laws in terms of oversight in day homes in Alberta," he said. "Secondly, in all honesty there needs to be more awareness so parents can make better decisions for any day home."

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CRIME

# Man charged with reckless firearm discharge

Police have charged a man for recklessly discharging a gun in a fourplex.

As Metro reported, at about 2:20 a.m. on Jan. 19, a neighbour awoke to gunshots and found a bullet whole in her wall.

Police responded to the call in the 2700 block of 10 Avenue SE, and confirmed a bullet hole in the bedroom wall, which adjoined the unit beside them, as well as a second hole in the wall separating the two bedrooms within the unit.

Officers removed the victims and set up a containment on the fourplex, calling out to anyone who was in the residing units. Two men exited and were taken into custody — one was holding a magazine containing 9mm bullets in his pocket.

Police conducted a search warrant at 6:30 p.m. the same day and found a 9mm Just Right long barrel carbine and a spent shell casing.

**8**

One of the men arrested, Hol Dominick Garang, was arrested on **eight outstanding warrants** for robbery, assault and weapons-related charges.

Charges against Reginald Denis, 31, of Calgary, include reckless discharge of a firearm, possession of a weapon obtained by crime and two counts of possession of a weapon contrary to a prohibition order. Denis was also arrested on an unrelated outstanding warrant.

Hol Dominick Garang, 23, of Calgary, was arrested on eight outstanding warrants, which include robbery, assault with a weapon and possession of a weapon dangerous to the public. METRO

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Peter Garrett, president of Innovate Calgary, said this investment will help new companies avoid the infamous death valley gap that plagues startup companies in the tech sector.
COURTESY INNOVATE CALGARY

# Tech sector gets $5M in new funding

ECONOMY

## Province steps up support for small, medium sized business

**Aaron Chatha**
Metro | Calgary

The tech sector in Alberta is getting a jump start this year after Alberta Economic Development Minister Deron Bilous announced $5 million in additional funding for small and medium-sized technology businesses.

The funds will be available through the Enhanced Innovation Voucher and support program, which has now more than doubled from its previous level of funding.

"Expanding this program is a very positive development for the early stage tech sector," said Peter Garrett, president of Innovate Calgary. "Early stage companies, they need all the help they can get."

> **"Expanding this program is a very positive development.**
> Peter Garrett

Garrett said the program helps address problems in the early stages of development for tech companies, where they may run into the death valley gap — which is a term for a lack of funding at a critical stage.

"In reality there are multiple death valley gaps," he said. "It's very challenging for tech companies to find funding. One of the most severe challenges is in the early stage."

Bilous said the program is also expected to increase the number of vouchers issued from 120 to 200 or more per year, and double the number of available technology advisors from six to 12.

Bilous said this is part of a overall government plan to support job creation and diversification.

He said this program is one of the province's most popular, and has a proven track record of improving technology commercialization and entrepreneurship in Alberta. WITH FILES FROM ALEX BOYD/METRO

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# Gamers to invade city

TOURNAMENT

## Three-day event will feature 24/7 play

Aaron Chatha
Metro | Calgary

This March, 300 gamers will converge on the Stampede Grounds Agriculture Building for an epic showdown of skill, reflexes and graphics cards.

"We open the doors Friday at noon and it goes non-stop until 6 p.m. Sunday," said event organizer Tristan Marler. "We don't kick people out and we don't turn the lights off overnight."

The event, called LANified! 25: Colossal, will feature tournaments in five games: Counterstrike Go!, DotA 2, Rocket League, Hearthstone and Starcraft II. First place prizes go from $150 to $1,000 depending on the game.

All the games will be played on PC, with entrants required to bring their own computer. For enthusiasts, that means the chance to show off their custom gaming rig — which can include high-end components, liquid cooling, custom paint jobs or spectacular displays of LED lights.

**Tristan Marler said custom-build computers aren't required for the event — but will still look mighty impressive on the tournament floor.** AARON CHATHA / METRO

But even if you didn't build you own computer, Marler said that shouldn't stop potential enthusiasts from signing up to play. "The LAN part is about gaming, and all that really matters from a computer perspective is if you can play those games," he said.

"The atmosphere is very jovial, very friendly."

Team registrations are done at the event itself — meaning teams are often created on-the-fly as solo players or groups without the required amount of members show up.

Marler said there hasn't been a large competitive gaming scene in Calgary for some time — but not for lack of people, but lack of events and opportunities. He hopes events through his gaming events company LANified, he can change that.

"It's become an underserved market, and that's what we want to change," he explained. "I see, all the time, all sorts of gamers all over the place. We're not just attracting Calgarians, we want to attract anybody who's willing to come."

The event takes place on March 18, 19 and 20. Visit www.lanified.com for more information.

## TOP LOCALLY DEVELOPED GAMES

**Calgary's independent gaming scene is bursting into 2016 with new titles from local developers — Kyle Reczek, with Calgary Game Developers, highlights some of his favourites to look out for.**

**Semispheres**

A single-player puzzle game with a stealth twist, Semispheres challenges players to simultaneously control two characters in connected parallel realities. Designed by Radu Muresan, the screen is split into two different halves, which are connected. Players must navigate both screens, with help from a variety of abilities, including portals and teleporting.

The story follows a boy and his robot, and it is presented through a series of comic book-like strips.

The game will be released this year on the PC, and is planned for the PS4, Xbox One and Wii U.

**semispher.es**

**Words Cubed**

Words Cubed is a 3-dimensional word search tournament, that runs online, 24/7, in four-minute rounds. Developed by Rob Currie under Latenight Apps, it features cubes and dodecahedron puzzles, with letters on each side. Players are tasked with spelling as many words as they can using those letters — at the end, players are shown what words they found, what they missed. The game features thousands of puzzles, in six languages, and is currently in beta for iPhone, Android and Windows Phones.

**www.latenight-apps.com**

**AsterVoid 2000**

Using analog game pads, AsterVoid 2000 has a simple control scheme — one stick moves your ship, the other aims and there is a single fire button. Two to four players dogfight in space with the goal of racking up the most kills. Complicating the mission are giant asteroids floating across the battlefield. Created by Justin Luk, the game is available on computer through Steam Greenlight.

**madcapacity.itch.io**

AARON CHATHA/METRO

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**CCTV images** of two suspects from Jan. 10. CONTRIBUTED

INVESTIGATION

# Police hunt for driver in Ten X shooting

Two men were captured on nearby CCTV footage, and investigators believe they are likely to have information that leads to the arrest of a third man wanted in connection with the Jan. 10 Ten X Nightclub shooting.

The shooting happened around 1:30 a.m., at 1140 10 Avenue SW. As two men waited in a nearby car, a third walked to the front door of the club and fired off several shots inside.

The shooter was immediately tackled by bar staff, and shortly after joined by CPS Gang Suppression Team members who were nearby and heard the shots.

The driver of the vehicle was arrested at the scene along with the alleged shooter.

One person inside the bar was struck by the gunfire.

The 38-year-old man was transported to hospital in stable condition.

The third man in the vehicle was at first detained by officers, but was able to leave as officers turned their attention to secure the scene and arrest the shooter.

Anyone with information about this man, or the men in the newly released photos (see images at left), is asked to contact the non-emergency number 403-266-1234, or Crime Stoppers at 1-800-222-8477 METRO

## THE THIRD MAN

**Police description issued**

The third person involved is described as black, approximately five-foot-10 and between 20 and 30 years old.

He was wearing white pants and a beige-coloured sweater.

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**Jackie Flowers** of the Calgary library. JENNIFER FRIESEN/METRO

# Library aids newcomers

SETTLEMENT

## Language and other programs available to all

**Lucie Edwardson**
Metro | Calgary

In a new country with a new language, newcomers might be wondering where they can access resources in their native tongue or that can help them learn a new language.

The folks at the Calgary Public Library said they can help newcomers navigate these challenges. All they need is to sign up for a free library card.

Jackie Flowers, service design lead for newcomers at the Central Library, said the library welcomes everyone and has resources and books for both adults and children in multiple languages.

She said dual-language books, offered in a dozen languages, can be particularly helpful.

"They're a tool that can support using home language and learning English," said Flowers.

At the Village Square library, Flowers said they are in the midst of a children's book pilot project, called the Dual Language Talking Pen, aimed at the existing and incoming Arabic speaking community.

"You use a pen that talks and reads the story out loud," she said. "You hold the pen over the corner of the page and it'll read in either English or Arabic."

For adults and teens looking to learn a language, there is also the online MANGO language program, accessible on any computer with the use of a library card. The program is similar to Rosetta Stone, helping people learn a new language.

Sixteen library locations also offer ESL conversation clubs, and both the Central and Crowfoot libraries have ESL writing clubs.

Eight libraries throughout the city also have settlement desks. A settlement worker from an immigration agency staffs the desk for around 10 hours a week.

**Everett Klippert used to attend bus driver coffee breaks** like this one. They were held in Eau Claire. COURTESY CITY ARCHIVES

# Gay history to be told in new play

HISTORY

## First reading will be held at Loft 112 in East Village

**Jeremy Simes**
For Metro | Calgary

Everett Klippert's truths, essentially, led to his demise.

Klippert, considered one of Calgary's gay relics, will have his story told through playwright Natalie Meisner.

In development through Third Street Theatre, the story — titled 69: Legislating Love & The Everett Klippert Story — delves into Klippert's past: he was a city bus driver who was charged with gross indecency for having a relationships with men.

Klippert wanted a fresh start, so he moved to the Northwest Territories.

But things only got worse.

It's believed he was coerced by authorities to admit he started a fire.

Why?

Authorities knew his secret, so they used it as leverage.

As a result, Klippert was jailed for the arson charge but, again, things got worse and he was slapped with another charge for gross indecency.

Meisner, who also teaches creative writing at Mount Royal University, said Klippert's story becomes even more ironic.

Klippert's story caught wind by then Justice Minister Pierre Elliott Trudeau in 1967. When Trudeau became Prime Minister, he then decriminalized such "indecent acts."

But, because Klippert was in jail during that time, the law didn't apply to him. So, he sat behind bars until 1971.

"You tell the truth and you're kind to everybody, yet this happens," Meisner said. "He was one of the most beloved transit drivers."

Klippert was somewhat forgotten once he was freed, she added.

Meisner's story becomes a tad more fictional when she introduces Maxine, a history professor who becomes fascinated with Klippert's story.

Maxine is a lesbian and, ultimately, her reality isn't much different than Klippert's.

For example, both Maxine and Klippert grab a bite to eat with their partners at Chicken on the Way in their respective eras.

"It doesn't matter if it's different time frames — everything is physically the same," Meisner said. "Chicken on the Way is still that meeting place."

Other interesting landmarks include the King Edward Hotel, where some gay men would meet. There was also a women's softball league in East Village, too.

"I find Calgarians are suddenly interested in history," she said. "We're using this play to share some of that history, but also get people to understand the importance of our gay elders and how they've paved the way for the freedom we have."

The play will hold its first reading Friday at Loft 112 in East Village. A second reading will be held on Feb. 19 and March 18.

The event is accepting donations.

LABOUR

# Doctor's note is not a waste of time

The Alberta Federation of Labour is calling on the provincial government to do away with the longstanding practice of employers asking employees for a doctor's note to verify absences.

Officials with the organization, representing a number of unions and employee organizations, call the process a waste of time.

AFL president Gil McGowan says in non-unionized workplaces, many employers are using sick notes as a disincentive for workers to do what they should be doing, which is staying home and getting better.

McGowan adds that the cost of a doctor's note — which some employees have to pay for themselves — could also dissuade some employees from taking necessary time away from the workplace.

Dr. Rohan Bissoondath of Preventous Health says sick-note requests have become a daily occurrence at his clinic.

He says it takes only a few minutes for the medical professionals, but for sick patients it's often challenging to find time to come in.

"When it comes to coughs, colds, common things that people don't need to be in front of the doctor for, the best thing for them is that they're home, they're out of harm's way, and they're not making anybody else sick."

The Canadian Federation of Independent Business argues that sick notes, even for short-term illness, are valuable for employers.

"Small businesses need to be able to verify that their employees are getting the treatment that they need if they're sick," says Amber Ruddy, CFIB's director of provincial affairs.

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# Digging deep for authenticity

YYC SCENE

## Divine Brown, Raoul Bhaneja playfully share history of blues

Jeremy Simes
For Metro | Calgary

**Divine Brown and Raoul Bhaneja** perform "Chicago" as part of Bhaneja's creation, titled Life, Death and the Blues. JENNIFER FRIESEN/FOR METRO

It's a show that's got Canada's self-proclaimed diva thinking about creating her own blues album.

But Divine Brown will assure you it's exactly that: an idea.

"It's a thought that needs to be manifested over the next couple of years," said the Juno award-winning R&B/Soul singer. "You know I can't tell you that."

What she can tell you is how Raoul Bhaneja's creation — titled Life, Death and the Blues — has had a hand in boosting Brown's knowledge about the genre.

And the show will educate you, too.

Presented by One Yellow Rabbit and Alberta Theatre Projects, Bhaneja invites you to learn about the history of the blues and, well, his own story.

It's a casually playful performance that underlines heavy topics which, according to Bhaneja, people would shy away from 15 years ago.

In fact, a theatre company in Toronto approached him about the show 15 years ago. However, Bhaneja just wasn't quite ready to share it.

"It took time because the audience needed to be ready," he said. "It's much more in people's consciousness now."

> "The blues is more than personal expression — it's part of tradition and something that's ongoing.
> Raoul Bhaneja

The concepts?

Race, inclusion, exclusion and cultural appropriation.

And it's those concepts that once put Bhaneja in a bind.

With Indian and Irish roots — living in Germany and Canada — Bhaneja wrestled with questions.

People would ask, "Why does he love black music?"

He'd reply, "There's a lot of us out there who love stuff outside our own culture."

But there's more to it than just adopting a sound for oneself.

So, Bhaneja studied the history of the blues, going to shows in Mississippi and digging into its roots.

"I think a lot of people think it's convenient to divorce those roots because it's very complex," he said. "Can you own the music as a performer and as a musician without acknowledging where it comes from? Is that dangerous, even?"

The blues was initially created by black Americans for African Americans to cope with slavery and, in the '60s, became more mainstream as the genre began to influence acts like The Rolling Stones and The Beatles.

"The blues is more than personal expression — it's part of tradition and something that's ongoing. That racial injustice is still part of our society, and even still part of our Canadian society."

Life, Death and the Blues acknowledges those roots, allowing for a true blues experience.

Plus, the duo keeps it fresh by introducing a new blues legend every night.

"That's what I really enjoy about this show," Brown said. "I'm never stuck having to sing the song exactly the same way every time. It's liberating."

Life, Death and the Blues premieres Friday and runs until Jan. 31.

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Lower Dens' Jana Hunter opens up about the band's third album, Escape From Evil. CONTRIBUTED

# Using pop to incite action

SCENE YYC

## Lower Dens at Commonwealth Stage & Bar Monday night

Jeremy Simes
For Metro | Calgary

Lower Dens' Jana Hunter takes a break from her sometimes indecipherable voice, emerging loud and clear with the band's latest album, Escape From Evil.

Though clearer, Hunter's lyrics take a deeper twist, sometimes revealing her inner confessions.

Escape From Evil delves into love, death, recklessness, violence, fear, gender and guilt — songs Hunter hopes people can rally around.

Lower Dens plays at Commonwealth Bar and Stage Monday at 8 p.m. Tickets are $18. Metro spoke to Hunter about Lower Dens' new sound and life's "bulls—t."

**The album has a New Wave-'80s vibe to it, especially compared to previous albums. What influenced the change?**

Before the album had any esthetic leaning, we wanted to use these particular synthesizers, and we ended up buying these ones that were really popular in the '80s and '90s. I like how under-appreciated those sounds are — they're associated with so much cheesy music. But they're very clean and very simple. We took things that were inexpensive and underused, and they ended up giving this more-than-'80s feel.

**Your lyrics have changed as well: They're deeper or more confessional. So what caused this combination of deeper lyrics and a more poppier sound?**

I think that pop music — traditionally — provides people with a satisfying and fun way with dealing with life. Even heavy lyrics synced with pop music can create a sense of "screw them." We wanted to find a way through the distress in people's lives — there's so much bulls–t we go through.

**Any specific bulls--t you want to talk about?**

Well, I mean, the kind of universal issue that comes to mind is what's conventionally called "the rat race." The majority of people I knew growing up were working-class and the rat race wasn't part of their life. But it seems more and more the rat race applies to everyone now. We're spending every ounce of ourselves and every penny from our wallets and we have nothing left for our families and communities.

**Is that the evil you're trying to escape, in a way, given the album title?**

Yeah, I mean there's a more deeper explanation to the title. It comes from a book that talks about how human beings are terrified of being forgotten. So in order to avoid that, we work really hard to leave some kind of legacy.

## WEEKEND EVENTS

**FRIDAY**
**Revv52 Unplugged — The Road to Carnegie Hall**
Calgary's rock and pop choir is playing an ode to New York City, where they plan to perform in March at Carnegie Hall.

Expect to hear music by Duke Ellington, Madonna, Billy Joel and Norah Jones, as well as Broadway songs about the city. The show is at 8 p.m. Tickets start from $27.50.

**SATURDAY**
**Project Warmth Day 2016**
If you're headed to the Farmers' Market, bring along gently used warm clothing. While you shop, the Project Warmth Society of Alberta — a charity that gives warm clothes to Calgarians in need — will be collecting hats, sweaters, mittens, coats and sleeping bags. Once you donate, you'll receive a free coffee and doughnut. The market is open from 9 a.m. to 5 p.m.

**Tchaikovsky and Sibelius with Augustin Hadelich**
Augustin Hadelich makes his debut at the Calgary Philharmonic Orchestra. Hadelich performs Sibelius' Violin Concerto, a piece that is notoriously difficult, technical and moving. Show is at 8 p.m. and tickets start from $20.

**SUNDAY**
**The Bash**
Considered Calgary's newest wedding event, The Bash showcases innovative and creative wedding attire by local crafters. Vendors include Stevie and Bean Paperie, Ollia Macarons and Tea, Pearl and Dot Boutique and Simply Me Hair and Makeup. Tickets are available online for $20. The event is from 10 a.m. to 4 p.m. JEREMY SIMES/FOR METRO

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*Taxes extra.

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| Lease rate | Finance rate | Up to | Plus Recieve |
|---|---|---|---|
| 1.9%** | 0.9%** | $6,000† | $3 months †† |
| 45 months | 60 months | cash credit | payments waived |

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# Uber rules up for debate in city

RIDESHARING

## Hybrid open and closed taxi system to be considered

Helen Pike
Metro | Calgary

After bringing the City of Calgary and Uber to a simmer over the holiday season, administration is back at it, promising a heated debate at the Taxi and Limousine Advisory Committee Friday.

As promised, a set of detailed recommendations on a hybrid open and closed taxi system has come forward. These will be discussed by the committee as the city prepares to cement a revamped bylaw and pave the way for Uber and other private vehicle-for-hire companies to call Calgary their stomping ground.

Metro spoke with representatives from the company in Edmonton Thursday where they eager await that city council's decision on a "workable bylaw" for Uber that would regulate their operations and, according to general manager Ramit Kar, allow them to stay.

Uber's general manager for Alberta Ramit Kar, communications manager Xavier Van Chau and Policy manager Michael Van Hemmen speak with Metro Thursday. TIM QUERENGESSER/METRO

Uber ceased operations in Calgary Nov. 21. This is one of the only cities to successfully get a court injunction that forced the ride-share company off the road.

"We were not expecting it," said Uber spokesman Xavier Van Chau. "When we first launched in Calgary, we felt that we were in a position to continue to offer our service, given how things have evolved in that market, I think the popularity of the service has made it a pressing issue in the city, to see how the service can be brought back."

> I think the popularity of the service has made it a pressing issue in the city.
> Uber spokesman Xavier Van Chau

Uber and the City of Calgary are in "accelerated conversations," according to Van Chau. He said although the company is at a starting point that's much shorter than what it had seen in Edmonton. The sides will have to have conversations rapidly as Feb. 22 approaches and council preps to decide on the bylaw.

The company's pressure on the market is bringing big changes to Calgary's taxi and limousine landscape. Now, administration is hoping to release all 307 plates in its arsenal to help cabbies compete with on-demand ride services.

Administration is even hoping to eliminate the 30-minute obligatory advanced booking time for limousines — which would allow UberBLACK to operate in direct competition with current sedan services.

Other specifics to the bylaw include municipal licensing for both TNC drivers and providers, proof of commercial insurance from the driver, police checks, mechanical checks and a two-day "streamlined" driver course.

With regulation talks coming to a boil in Edmonton, almost a year after the service was introduced there, Van Chau said their recommendations could be a benchmark for other municipalities.

"With the recommendations that we're seeing from city staff in Edmonton who had this year to review and consider options, I think it provides an interesting benchmark for the City of Calgary to consider," he said.

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**Zaccari Buell**'s mother, Ashley Barnaby, would like to donate her kidney to him. THE CANADIAN PRESS

# Mom feeling helpless over donation issue

HEALTH

## Woman told too risky to give son kidney

A New Brunswick mother who tried unsuccessfully to donate her kidney to her baby boy says parents should be allowed to assume some health risk to help their children live better lives.

Ashley Barnaby says she was informed recently that staff at the Queen Elizabeth II hospital in Halifax rejected her application because of her history of high blood pressure and gestational diabetes during pregnancy.

> **I believe I should have a voice about what my health is going to be.**
> Ashley Barnaby

The mother says the risk to herself is small compared to the kind of complete change the transplant would bring to her 18-month-old son Zaccari Buell.

Zaccari currently requires 12 hours of dialysis daily at his Moncton home due to his stage-four renal failure and has spent parts of his young life at hospitals in Nova Scotia.

Barnaby, 28, says she was told she runs the risk of developing diabetes in the future if she gives her organ to her little boy.

"I believe I should have a voice about what my health is going to be like in the future and what can be done for my son right now," she said.

Barnaby also has criticisms of the screening process, saying she had indicated her prior health issues at the outset, yet went through three months of waiting before hearing of the denial due to the potential risks.

"I feel like we wasted three months. If I would have been told there were too many red flags ... we could have looked at getting somebody else (a potential donor) started with the process," she said.

The medical director of the living kidney donation program said the doctors follow national and international guidelines in deciding whether to access a donor.

"Unfortunately, there are times when health factors result in the donation being ruled out," Dr. Christine Dipchand wrote in an email.

"In these cases, we know that it can be extremely difficult and frustrating for the patient, and as health-care providers we share in that disappointment."

THE CANADIAN PRESS

SAUDI ARABIA

# Canadian colleges open male-only campuses

Ontario's minister of post-secondary education says he's concerned that two publicly-funded Ontario colleges have opened campuses in Saudi Arabia that don't allow women.

On Wednesday, Colleges and Universities Minister Reza Moridi said decisions on the operation of a campus, including student composition, are up to each college's board of governors.

But late Thursday, after a lot of criticism on social media about the male-only campuses, the minister had a change of heart about Ontario colleges teaching courses that deliberately exclude women.

"I understand and appreciate the concern that has been raised in recent weeks around some of these international activities, particularly around two Ontario colleges running male-only campuses in Saudi Arabia," Moridi said in a statement. "I share those concerns."

Niagara College offers tourism, hospitality and business courses at its campus in Taif. Algonquin College offers 10 programs, including business, accounting and electrical engineering technology, at a campus in Jazan.

In addition, Toronto-based Centennial College offers a corporate training program for men only in Saudi Arabia.

Moridi said he wanted to meet with both colleges and also plans a conversation with all community colleges about the programs they deliver outside of Ontario.

THE CANADIAN PRESS

**SEGREGATION**

**Saudi education system** adheres to Sharia law, which prohibits the teaching of men and women in the same classes. Ontario colleges there must follow the same rules. Niagara College expects $4M revenue in five years from Taif.

# Israeli leader digs Trudeau

FOREIGN POLICY

## 'Great' meeting in Paris, says Prime Minister Netanyahu

Benjamin Netanyahu, long seen as a close friend and ally of Stephen Harper, says he has since struck up a very good relationship with the former prime minister's new Liberal successor.

The Israeli prime minister, in Davos this week for the World Economic Forum, said he and Justin Trudeau had a "great" meeting at an earlier international gathering in Paris.

"We have a very, very good relationship," Netanyahu said.

Strong, unwavering support of Israel was long a foreign policy pillar for the Conservative government under Harper, who in Israel in 2014 famously promised that Canada would stand with the Jewish state through fire and water.

Trudeau has pledged similar support for Israel, although he is greeted with skepticism from some corners of Israeli supporters in Canada. Not so Netanyahu, who insisted he has no misgivings about the Liberals.

That's even after Trudeau promised to pull Canadian fighter jets out of the battle against the militants of the Islamic State of Iraq and the Levant (ISIL) — a decision the Israeli leader insisted Thursday was entirely Canada's to make.

The conflicts in the Middle East have come up repeatedly at the Davos meeting, including minutes before Trudeau took the stage Wednesday for his keynote address. Iran's foreign minister, sitting on the same stage Trudeau and Netanyahu would each soon occupy, argued there was no military solution to the crisis, only a political one.

Trudeau has been publicly pressed twice in Davos on his decision to withdraw the six CF-18s taking part in the bombing mission. Twice, he has cited Canada's military expertise in training security and gathering intelligence, the result of a decade spent fighting in Afghanistan.

> **There are other ways that we will be engaging militarily.**
> Prime Minister Justin Trudeau

"We definitely have much to contribute on helping local militias and local troops be more effective in the direct fight," Trudeau said in a session with CNN host Fareed Zakaria.

"If there's one thing that recent history has taught us, it's that ultimately conflicts like this need to have their resolution on the ground with people who ... want to take their countries back from terrorists."

On Thursday, Trudeau was asked about what Canada planned to do about the Syrian refugee crisis -specifically its root causes.

Countries need to create a situation in Syria where refugees can return home if they wish, he said.

THE CANADIAN PRESS

**Maude Carrier** was among the six Quebecers who were killed in the terrorist attack in Burkina Faso. Carrier's husband says he hung up on Justin Trudeau when the prime minister called him earlier this week. FACEBOOK.COM

BURKINA FASO ATTACKS

# Hanging up on PM 'felt good,' says husband of terror victim

The husband of one of the Quebecers killed in the Burkina Faso terrorist attack says hanging up on Justin Trudeau "felt good" after the prime minister called him earlier this week.

Yves Richard told Montreal radio station 98.5 FM on Thursday he was frustrated in the hours after last week's tragedy with what he called Global Affairs Canada's lack of tact and empathy.

He did say the situation has since improved and that the families of victims are being treated better.

But Richard was not impressed with Trudeau when the prime minister rang him up Monday, three days after the attack that killed his wife, Maude Carrier, and five other Quebecers.

"My prime minister called me and began speaking in such a canned manner, wishing me good luck, offering me his condolences and talking about them as a source of Canadian pride," he said.

"That's when I told him to stop his political blabbing.

"If he's going to call me, then at least he should know who the Carriers are. It wasn't out of Canadian pride that they were doing what they were doing but rather because they were basically good people."

The six were on a humanitarian mission in Burkina Faso's capital of Ouagadougou when al-Qaida carried out the attack.

Four of the dead were from the same family: Yves Carrier, his wife Gladys Chamberland, their adult son Charlelie Carrier as well as Maude, Yves Carrier's daughter.

Richard said his conversation with Trudeau ended with him telling the prime minister to go hug his wife and children.

"Then I hung up on him and it felt good." THE CANADIAN PRESS

## IN BRIEF

**EU celebrates 'sunny ways'**
The European Union says the arrival of the Trudeau government heralds a new era of transatlantic co-operation on energy and climate change. Marie-Anne Coninsx, the EU ambassador to Canada, says that Canada now links climate change and energy policy, which allows for a high-level dialogue on a variety of related issues.
THE CANADIAN PRESS

**National listeria outbreak**
The Public Health Agency of Canada says seven people have been hospitalized in a listeria outbreak affecting five provinces. The agency says there were three cases in Ontario and one each in Quebec, New Brunswick, Prince Edward Island, and Newfoundland and Labrador.
THE CANADIAN PRESS

**DND jobs go unfilled**
The Department of National Defence is struggling to recruit staff — both uniformed and civilian — at oft-maligned support units for ill and injured soldiers. It is also considering a name change for the organization following a sobering internal review.
THE CANADIAN PRESS

**Tax changes costly: Study**
The Liberals' tax-bracket changes will drain on average about $100 million more per year from the public treasury than the government expects, says a new analysis by the federal budget watchdog. But the parliamentary budget office said the Finance Department's calculations do not take into account the fiscal impact of the Liberal vow to cancel income splitting for families with kids.
THE CANADIAN PRESS

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# UN visits volatile Burundi

SECURITY COUNCIL

## 15-member delegation seeks end to political woes

Members of the UN Security Council arrived in Burundi Thursday to try to help end political unrest that sparked deadly violence.

France, the U.S. and Angola are leading the 15-member council delegation that will be in Burundi until Friday.

"We've seen escalating violence, climate of fear and tension before in Burundi. Immediate, inclusive (political) dialogue held outside Burundi vital," Samantha Power, the U.S. ambassador to the UN, said on Twitter ahead of the trip.

UN human rights chief Zeid Raad al-Hussein in a report last week spoke of gang rapes of women by security forces, torture and signs of ethnic repression.

His office cited growing signs that Tutsis are being targeted in the Hutu-majority country that borders Rwanda, where a 1994 Hutu-led genocide targeted Tutsis and moderate Hutus.

President Pierre Nkurunziza's decision to seek re-election last April touched off street protests that led to a failed coup in May and a rebellion that has left the country on the brink of civil war. Opponents and supporters of Nkurunziza in the capital, Bujumbura, have been targeting each other in gun, rocket and grenade attacks and the violence has spread to the provinces. There has been a wave of extrajudicial killings that human rights activists blame on government security forces. THE ASSOCIATED PRESS

A woman shells peas at a street market in Abugarama, near the capital Bujumbura, in Burundi. MELANIE GOUBY/THE ASSOCIATED PRESS

PROPAGANDA WAR

# Allies tout successes in fight against ISIL

U.S. and coalition forces are battling Islamic State of Iraq and the Levant (ISIL) militants in the skies and on the ground across Iraq and Syria, but the allies are increasingly also targeting the airwaves, where they now are losing the propaganda war.

In Paris this week, Defence Secretary Ash Carter made clear the coalition must get better at projecting its own messages and touting its successes. He has spent much of his time giving speeches lately at doing just that — painting an increasingly rosy picture of victories in Iraq and Syria and describing a constrained ISIL that is losing momentum.

The multipronged effort includes not only talking up military victories in Iraq and Syria, but also countering jihadi messaging that can recruit or inspire followers around the world to join the group or launch their own solo attacks in western nations.

So far, efforts by the U.S. and others to combat that propaganda campaign have been slow to form, with officials acknowledging that they are losing the communications war.

Speaking Thursday at Ecole Militaire, a military war college in Paris, Carter said ISIL uses the Internet "to give encouragement or even instruction to people who have already been radicalized, or radicalizing some of these poor lost souls who sit in front of a screen and fantasize about a life as a jihadi."

And a senior defence official said that ISIL "fanboys" are able to amplify the militant group's message, spreading it faster and more broadly than their number might suggest.

In recent weeks, Carter and his military leaders have been more outspoken and upbeat in their assessment of the battles against ISIL, particularly in Iraq. Last month, Iraqi forces buttressed by coalition airstrikes and bridging equipment were able to take back the city of Ramadi. And officials are now talking about a new campaign plan that maps out the fight in coming months to take back key ISIL power centres in Mosul in Iraq and Raqqa in Syria. THE ASSOCIATED PRESS

**130**

Number of those killed in Nov. 13 Paris attacks. Some of the attackers are back in Syria, including one considered a ringleader.

## IN BRIEF

**Croc takes leisurely swim**

A crocodile apparently decided a morning dip in a Florida Keys swimming pool was just the thing.

Monroe County Sheriff's Office spokeswoman Becky Herrin says an Islamorada homeowner called about 7:30 a.m. Thursday to report the croc in his pool. A photo provided by the sheriff's office shows the large reptile floating languidly in the shallow end of the pool. Herrin said the animal was about eight feet (2.4 metres) long.

**The scene in Islamorada, Fla.** MONROE COUNTY SHERRIFF'S OFFICE

Herrin says deputies and officers from the Florida Fish and Wildlife Conservation Commission safely removed the animal and returned it to its native habitat. THE ASSOCIATED PRESS

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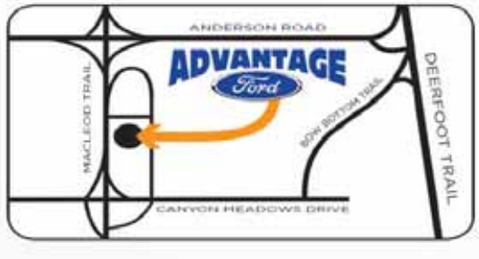


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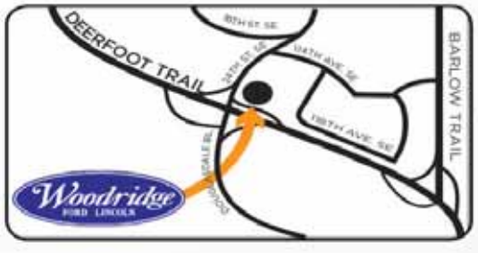


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# Bolivian lake evaporates

ENVIRONMENT

## Major water loss linked to climate change, says expert

Overturned fishing skiffs lie abandoned on the shores of what was Bolivia's second-largest lake. Beetles dine on bird carcasses and gulls fight for scraps under a glaring sun in what marshes remain.

Lake Poopo was officially declared evaporated last month. Hundreds, if not thousands, of people have lost their livelihoods and left.

High on Bolivia's semi-arid Andean plains at 3,700 metres and long subject to climatic whims, the shallow saline lake has essentially dried up before, only to rebound to twice the area of Los Angeles.

But recovery may no longer be possible, scientists say.

"This is a picture of the future of climate change," says Dirk Hoffman, a German glaciologist who studies how rising temperatures from the burning of fossil fuels has accelerated glacial melting in Bolivia.

As Andean glaciers disappear, so do the sources of Poopo's water. But other factors are in play in the demise of Bolivia's second-largest body of water (behind Lake Titicaca).

Drought caused by the recurrent El Nino meteorological phenomenon is considered the main driver. Authorities say another factor is the diversion of water from Poopo's tributaries, mostly for mining but also for agriculture.

More than 100 families have sold their sheep, llamas and alpaca, set aside their fishing nets and quit the former lakeside village of Untavi over the past three years, draining it of well over half its population. Only the elderly remain.

"There's no future here," said 29-year-old Juvenal Gutierrez, who moved to a nearby town where he ekes by as a motorcycle taxi driver.

Record-keeping on the lake's history only goes back a century, and there is no good tally of the people displaced by its disappearance. At least 3,250 people have received humanitarian aid, the governor's office says.

Poopo is now down to two per cent of its former water level, regional Gov. Victor Hugo Vasquez calculates. Its maximum depth once reached five metres. Field biologists say 75 species of birds are gone from the lake.

The head of a local citizens' group that tried to save Poopo, Angel Flores, says authorities ignored warnings.

"Something could have been done to prevent the disaster. Mining companies have been diverting water since 1982," he said. THE ASSOCIATED PRESS

**1 A fisherman walks along the abandoned boats** in the dried-up Lake Poopo — once the country's second-largest lake — on the outskirts of Untavi, Bolivia.
**2 Felix Rojas,** 78, who has paid his children's education from fishing in Lake Poopo, doesn't know what the future holds.
**3 A boy swats away mosquitoes** in Untavi, near the shores of Lake Poopo, which was **officially declared evaporated in December 2015.**

EASTERN SEABOARD

## Drivers brace for big storm

Drivers in the Washington, D.C. area spent hours in icy gridlock ahead of heavy snowfall that's predicted to arrive by the weekend from the Appalachian Mountains to Philadelphia and maybe farther north.

On Thursday morning, Virginia Gov. Terry McAuliffe issued a state of emergency and said people should "take the threat of this storm seriously." He warned of travel disruptions and power outages. McAuliffe said crews are treating roads before the weekend storm hits, but state transportation officials urged drivers to stay off the roads.

Treated roads were clear, but some elevated roads, ramps and side streets were icy with drivers creeping along.

The National Weather Service said in a statement Wednesday that up to 40 centimetres of snow could come down between Friday night and Sunday morning.

The storm will bring ice and freezing rain to Arkansas, Tennessee and Kentucky starting Thursday, prediction centre meteorologist Rich Otto said.
THE ASSOCIATED PRESS

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Mos Def is having passport problems. THE ASSOCIATED PRESS

# Mos Def's passport rejected

SOUTH AFRICA

## Officials arrest rapper over unrecognized documents

Mos Def's arrest in South Africa shined a light on the world passport, a document invented by a Vermont man in the aftermath of the Second World War.

The 42-year-old rapper and actor, who is also known as Yasiin Bey, was accused of trying to leave South Africa while using a passport not recognized by that country.

Mos Def has been living in South Africa for almost three years and had used a U.S. passport when previously entering and leaving the country. He was arrested when he tried to leave Jan. 14 using a passport issued by the World Service Authority.

**Q: What is a world passport?**
**A:** The world passport is a machine readable travel document that resembles traditional passports issued by most nations of the world. The passports are now administered by a Washington-based non-profit called the World Service Authority.

**Q: What is the World Service Authority?**
**A:** The authority promotes the concept of world citizenship, the idea that a person should find community in all people of the planet as opposed to within a nation state. It also offers marriage certificates, birth cards and other documents typically issued by governments.

**Q: What is its history?**
**A:** In 1948, Garry Davis, a former Broadway actor and bomber pilot in the Second World War, renounced his U.S. citizenship and declared himself a "citizen of the world." In 1953 in Ellworth, Maine, Davis declared the founding of the World Government of World Citizens.

**Q: Why would someone get a passport?**
**A:** World passports were created in the 1950s by Davis as a way of giving stateless people and refugees access to identification that could be used to cross international boundaries. The authority says the world passport represents the "inalienable human right of freedom of travel on planet Earth."

**Q: Which states recognize it?**
**A:** It's unclear. The World Service Authority website lists 183 countries that the organization claims have recognized the passports by stamping a visa or exit or entry stamp in them.

**Q: How do you get one?**
**A:** Passport-seekers can fill out applications on the World Service Authority website. A 10-year passport costs $100, plus shipping and handling.

THE ASSOCIATED PRESS

COURT

# Judge tosses out defamation suit against Cosby

A U.S. federal judge on Thursday dismissed a lawsuit filed by a Pittsburgh-area woman who claims Bill Cosby defamed her when he and his representatives responded to allegations that he drugged and sexually assaulted her and other women.

The October lawsuit filed by Renita Hill, 48, of Baldwin, was dismissed with prejudice, meaning she cannot try to amend and refile it.

Her lawsuit said she was made out to be a "liar" and "extortionist" when the comedian, his wife and attorney issued denials.

U.S. District Judge Arthur Schwab agreed with Cosby's attorneys that the statements were opinions protected by the First Amendment.

"Even considering these three statements together as a combined, single statement, this newly 'conjoined' statement does not lead to an inference that plaintiff is a 'liar and an extortionist,'" the judge wrote.

Hill's attorney, George Kontos, promised to appeal saying he strongly disagreed with the judge's reasoning.

Cosby has yet to respond specifically to Hill's allegations that he drugged and molested her several times after they met on the TV show, "Picture Pages," in 1983. Hill claims that went on for about four years, starting when she was 16, and that Cosby helped pay for her college, until she cut off contact with him about four years later.

THE ASSOCIATED PRESS

Bill Cosby THE ASSOCIATED PRESS


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# Ebola cases worrying

SIERRA LEONE

## Concern as first victim was not identified as having virus

A second case of Ebola emerged in Sierra Leone after health officials thought the epidemic was over, with a close relative of the first victim testing positive for the virus that has killed more than 11,000 people, authorities said Thursday.

Health Ministry spokesman Sidi Yaya Tunis said the new patient was one of the people who prepared the initial victim's body for burial. The 22-year-old died in mid-January, and relatives were allowed to hold a traditional funeral as authorities at the time did not suspect she had died from Ebola.

Ebola is spread through direct contact with the bodily fluids of victims, and corpses are especially contagious. Traditional funerals in the region where mourners touch the body were a major source of virus transmission during the epidemic in Sierra Leone, Liberia and Guinea.

The new cases in Sierra Leone have marked a major setback for the region, as virus transmission had previously appeared to have stopped. Even in announcing the apparent end of the outbreak, though, World Health Organization officials had warned that additional "flare-ups" of new cases were still possible.

**150**

**About 150 of the first victim's contacts have been under monitoring.** The new patient had been in quarantine.

However, Sierra Leone's new cases are particularly worrying to experts because no one identified the first victim as an Ebola patient, and burial precautions were not taken to prevent further infections. There had not been any known cases in Sierra Leone for two months. THE ASSOCIATED PRESS

**Ebola flares up in Sierra Leone** A woman has her temperature taken as part of Ebola prevention, prior to entering the Macauley government hospital in Freetown, Sierra Leone, on Thursday. AURELIE MARRIER D'UNIENVILLE/THE ASSOCIATED PRESS

SOUTH AFRICA

# Fewer rhinos poached

South Africa on Thursday reported a slight drop in the annual number of killed rhinos, but conservationists said rhino poaching remains unacceptably high and some warned that a South African court ruling in favour of a domestic trade in rhino horn could further imperil the threatened animals.

Poachers killed 1,175 rhinos in South Africa in 2015, down 40 from the previous year as a result of law enforcement efforts to protect wildlife, said Edna Molewa, the environment minister. South Africa reported 13 poached rhinos in 2007 and 83 in the following year as demand for rhino horn in parts of Asia, particularly Vietnam, began to accelerate.

Despite the surge in poaching within the last decade, Molewa said at a news conference that a "much-feared, year-end spike" in rhino poaching that usually happens in December did not occur in 2015, and she described South Africa's rhino population as "stable." THE ASSOCIATED PRESS

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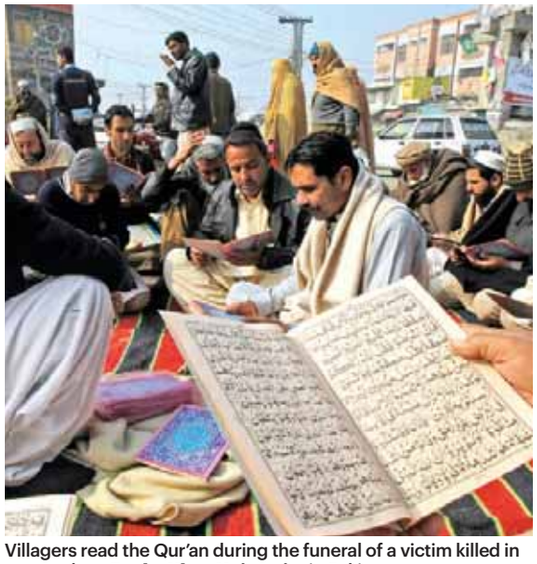

Villagers read the Qur'an during the funeral of a victim killed in an attack on **Bacha Khan University** in Pakistan.
MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

# Schools are soft targets

PAKISTAN

## Hero professor just no match for militants in deadly assault

When Islamic militants stormed the university campus in the Pakistani town of Charsadda, chemistry professor Hamid Hussain was carrying a concealed pistol. Locking his students in his classroom he opened fire on the assailants, buying his pupils enough time to escape before he was gunned down.

The survival of Hussain's students in a massacre that left 20 others dead is a legacy of a bloodbath that targeted another school in northwestern Pakistan two years earlier. After that 2014 attack, in which 150 people, mostly children, were killed, the government trained educators to carry concealed weapons so they could be a first line of defence — giving security forces time to react.

Hussain, the 32-year-old son of an impoverished shopkeeper who despite his humble heritage earned a PhD in chemistry in Britain, was praised as a hero Thursday for his quick action. His students managed to get away as he single-handedly took on the militants during the assault Wednesday that killed 19 students and another professor and wounded 22.

Wednesday's attack raised grim echoes of the 2014 school massacre in the nearby city of Peshawar, raising questions about whether security forces are able to protect the country's educational institutions.

A breakaway Taliban faction claimed responsibility for the assault — the same faction, headed by Khalifa Umar Mansoor, that claimed the Peshawar school assault.

In the Swiss resort of Davos, Pakistani Prime Minister Nawaz Sharif said that his country was determined to fight extremism. "Our resolve to fight against these elements is getting stronger every day," he said. THE ASSOCIATED PRESS

## EL SALVADOR

**Health chiefs ask women to put off pregnancies**

Public health officials in El Salvador are advising women to put off pregnancies for the next two years to avoid passing on complications from the mosquito-borne Zika virus.

Vice-minister of public health Eduardo Espinoza said women currently pregnant should stay covered outdoors to reduce the risk of mosquito bites. There are 96 suspected cases in El Salvador.

Some countries with Zika have seen spikes in cases of microcephaly, a rare brain defect in babies. THE ASSOCIATED PRESS

UNITED STATES

# EPA chief resigns over Flint water crisis

A regional director of the U.S. Environmental Protection Agency resigned Thursday in connection with the drinking water crisis in Flint, Mich., and EPA chief Gina McCarthy issued an emergency order directing state and city officials to take actions to protect public health.

McCarthy said in a statement that Susan Hedman, head of the EPA regional office in Chicago whose jurisdiction includes Michigan, was stepping down Feb. 1 so it could focus "solely on the restoration of Flint's drinking water."

The EPA "is deeply concerned by continuing delays and lack of transparency," McCarthy said in a letter to Gov. Rick Snyder. She said that steps outlined in her order "are essential to ensuring the safe operation of Flint's drinking water system and the protection of public health."

Also Thursday, Michigan officials said they still aren't certain whether there's a link between a drinking water crisis in Flint and an increase in local cases of Legionnaires' Disease.

A report by the Michigan Department of Health and Human Services says nine people died of the bacterial illness between June 2014 and October 2015 in Genesee County, which includes Flint. That's down from the 10 fatal cases initially reported. Officials say the number was changed after they found some deaths weren't considered to have been caused by Legionnaires.

**33%**
**About one third of those with Legionnaires' received Flint water.**

Eighty-seven Legionnaires' disease cases were confirmed between June 2014 and November 2015. THE ASSOCIATED PRESS

## market minute

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**GOLD** $1,098.20 US (–$8)

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**Prime Minister Justin Trudeau addresses the Global Shapers on Pluralism session in Switzerland on Thursday.** THE CANADIAN PRESS

# Canada spreads deficit message

WORLD ECONOMIC FORUM

## Ministers tell countries to spend way out of downturn

Canada's plea to its international counterparts to open their wallets and spend their way out of a worsening global economic slump is resonating among the economic power brokers.

At a time when some countries are looking at austerity to help them pull through a shaky economy, Canadian cabinet ministers have been telling anyone they meet at the annual meeting of the World Economic Forum that deficits are the way out of the downturn.

"Interest rates are at historic lows. We can make significant investments because we have that, plus an opportunity with our low amount of debt, especially in comparison with other countries," Finance Minister Bill Morneau said Thursday.

"What I hear from other people in my position around the world is this is the right initiative at this time, and we know it will make a difference for Canadians."

Some countries, particularly in Europe, don't have the fiscal room to take on more debt, said author and journalist Fareed Zakaria, who interviewed Justin Trudeau after the prime minister's keynote speech on Wednesday.

Canadian business titan Michael Sabia said countries have become too dependent on monetary policy and need to put in place a much broader growth strategy and "focus on the real economy."

THE CANADIAN PRESS

DAVOS, SWITZERLAND

## GM won't reveal plans for key plant

Canada's economic development minister says the federal government has received no firm commitments from General Motors about the future of its plant in Oshawa, Ont.

Navdeep Bains spoke with Mary Barra, CEO of General Motors Company, before her closed-door meeting with Prime Minister Justin Trudeau.

Bains said the government made the case for GM to keep its plant open, trying to play up Canada as a high-tech hub.

THE CANADIAN PRESS

FUEL PRICES

## Surcharge persists as oil slides

The price of crude oil has plummeted about 41 per cent since this time last year, but many companies, from airlines to couriers, continue to levy a hefty fuel surcharge.

Crude is now under $30 US a barrel. Yet even now Air Canada and a host of other companies have a fuel surcharge.

Air Canada has blamed the weak loonie, saying it has to buy fuel with U.S. dollars. But Ambarish Chandra, an economics professor at the University of Toronto, says their argument doesn't hold up because the price of oil has fallen much more than the loonie has.

Airlines aren't the only companies that pile on a fuel fee. Canada Post first slapped a 2.25-per cent surtax on the delivery price of parcels and packages in 2003.

Taxis and limos serving Toronto's Pearson airport began to charge based on the average price of gas per litre in 2008.

TORSTAR NEWS SERVICE

## IN BRIEF

**Publications target of Playboy lawsuit**

Playboy has filed a copyright lawsuit against Toronto-based Contempo Media and Montreal's Indecent Xposure alleging they illegally reproduced photographs of Kate Moss taken for Playboy's 60th anniversary.

THE CANADIAN PRESS

**Loonie back above 70¢**

Strengthening oil prices sent stock markets higher and helped push the Canadian dollar above the 70-cent U.S. mark for the first time in more than a week. THE CANADIAN PRESS

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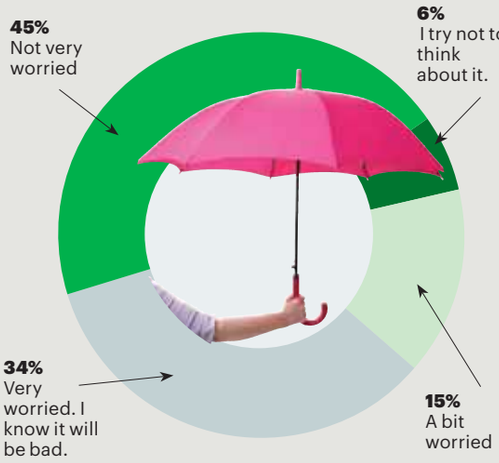
Metro POLL

# Feeling the (climate) heat

Visit metronews.ca to have your say.

**Scientists say** 2015 was the warmest year worldwide since record-keeping began (and 2014 was the second-warmest). Climate change is coming fast. We asked our readers if they're doing anything to cut their carbon footprint, and how concerned they are about the future.

**1 How worried are you about climate change and extreme weather in the coming years?**




**2 What was the weather like for the past 12 months where you live?**

**33%** Warmer than usual
**32%** The same as ever
**17%** Just all-around weird
**9%** Colder than usual
**5%** Wetter than usual
**4%** Drier than usual

**3 What are you doing to reduce your carbon footprint?**

**20%** Reducing energy use around the home
**17%** Reducing garbage
**13%** Using efficient vehicles/appliances
**10%** Eating less meat
**10%** Taking transit, biking or walking
**8%** Nothing. I don't care.
**7%** Planting trees or a garden
**7%** Reducing air travel
**4%** Donating to environmental organizations
**2%** Nothing, but I feel bad about it
**2%** Other

I talk about climate change with others, trying to spread ideas for solutions.

I take trains and reduce garbage.

I'm worried it's too late.

My lifestyle creates a very small carbon footprint. This is in effort to save money and avoid polluting the planet.

**WE ASKED** Metro readers

# 'Clean eating' based on faith, not solid science

**Genna Buck**
Metro | Toronto

Many of today's popular brand-name diets can be boiled down to a list of rules that start with "Thou shalt not."

As the new year's dieting season drags on, every bookstore shelf and morning TV show has self-styled experts advocating all-out bans on whole categories of foods, all in the name of "clean eating."

I'd love to be able to quickly and efficiently debunk "clean eating," but I can't. It has no precise definition. What's "clean" to a bodybuilder may not be to a paleo person. One "clean" regimen du jour is premised on the theory that wheat and dairy (and sometimes other stuff, depending on the specific strain of dubious science) cause a vague but scary-sounding *inflammation*.

If you believe some foods are "clean," then others must be "unclean." And that is a very, very old idea. Dairy and wheat, to the dairy-and-wheat-free crowd, aren't unclean in any real-world way. They're *ritually* unclean, like pork is to observant Jewish folks.

And what do faith-based food restrictions do? They identify you with a tribe, whose members support and motivate you to stick with their rules and shame you if you don't. Modern-day food tribes — like the Bulletproof crowd, the Whole 30 club, the Wheat Belly people — fill the same role. If one of these programs is helping you build good habits and eat less junk food: Awesome. Carry on!

But know this: Almost no nutrition science is solid enough to indicate that anything — except trans fats — should be cut from healthy adults' diets entirely.

Last week, Julia Belluz at Vox compiled a list of all the things that make nutrition research bloody difficult and expensive. First, it's maddeningly individual. Different people respond differently to the same diet. People also don't stick to diets, even when they're told to as part of a study. Few researchers follow subjects more than a few weeks, which means the outcomes that are being measured are things like short-term changes in blood pressure, not, say, long-term incidence of heart disease.

Long-term observational studies, which rely on people's reports of what they eat, are full of confounding factors that can't all be accounted for. An increased recognition of these limitations is part of why conventional nutrition wisdom has about-faced on fat.

That said, in general, author Michael Pollan's advice ("Eat food. Not too much. Mostly plants.") holds up in light of what evidence we do have. To my knowledge, there's never been a study showing fresh vegetables are bad for you. Sugar isn't poison. Your body can handle the occasional calorie wallop in the form of a large Coke, but don't push your luck. Refined flour has a well-deserved bad rap, but whole grains are yummy and good for you. Minimize your consumption of additives and preservatives and what-not, not because they're poison (your kidneys have your back), but because you can do better by choosing whole foods most of the time. The best advice is moderation, McGill nutrition professor Linda Wykes told me. If you dream of deep-fried Mars Bars, you can indulge, *once in a while*, without worry. Thank the higher power of your choice for that.

**Genna Buck** is a science writer and a section editor at Metro. Follow her on Twitter @genna_buck.

ROSEMARY WESTWOOD
metroview

# How to be a 21st-century woman on Instagram

How to be a woman on Instagram.

A bare ass is a good look.

A young bare ass. Perky yet squishy, like babies' cheeks.

Wear a thong or transparent panties, high-end lingerie, and tag the designer. That's a repost and hundreds more followers, easy. #lace.

Right angle, right lighting. Framing is everything. My face is not great, so I only take outdoor selfies in the winter when the sun's at 3 o'clock and my arm's at a 66-degree angle.

Write one supportive message every three and a half days: "Believe in yourself! All women are strong and powerful!! Love you guys! (Emoji, emoji)."

It might take 100 tries and I have carpal tunnel now, but no one said Instagram would be easy. My volleyball coach always said: "Perfect practice makes perfect." I say: "Perfect perfect perfect perfect."

You're the sum of your parts, you know? It's not just this one round ass — it's the body of your work, the complete work of your body.

If I take a cleavage shot in an oversized men's shirt while perching on the edge of a bed with rustled sheets — I'm not doing that tomorrow. One cleave shot a week.

I'll do a #greenisgood smoothie or an elevator selfie with my new Marc Jacobs handbag. A yoga pose, a cut avocado ("Brunch!"). Stuff that's real. Pre- and post-pregnancy bellies are huge right now. Also, post-breast-job shots with bandages. How will people know it's really real? That's not the point.

Take that young, hot Argentinian artist, the one who's now an art star. She was posting all these photos on Instagram and taking on all these personae — workout streetwear chick, frilly innocent-face-girl, post-boob-job vixen. It was all about her in Los Angeles, making it in the city, and people loved it. Thousands of followers. But it turned out it was all an act. It was art.

For five months, she was pretending to be real on Instagram, to show the "construction of femininity." And now all these galleries are actually showing her Instagram photos. The Tate Modern. I'm not kidding.

The point is, she kept getting likes even when people found out it was fake! She has close to 90,000 followers — that's real. That's Instagram. And some stuff was really real. Word is, she really did get some minor plastic surgery. Just the boob job was a fake.

Now she's modelling for Gucci. She's on a Forbes 30-under-30 list. Like I said: Hard work. But it pays. Now take my photo.

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MOVIES FOOD TELEVISION STYLE

# Not your typical teen star

5TH WAVE

## Chloë Moretz has impressive run of strong, serious roles

Richard Crouse
For Metro Canada

Eighteen-year-old Chloë Grace Moretz played a young vampire in Let Me In, a would-be superhero in Kick Ass and cinema's most famous telekinetic, Carrie. It's a diverse group of roles, but Moretz says she can draw a straight line from character to character.

"They're linear," she says, "in the sense that they're all strong characters. A lot of them are like me, the basis of them. They all have a big mountain in front of them but they are going to climb it and fight as hard as they can."

This weekend she stars in The 5th Wave, a world-under-attack sci-fi flick based on Rick Yancey's young adult novel of the same name. Moretz plays Cassie and her "big mountain" is an alien invasion that devastates the planet, separating her from her younger brother. Can she find her sibling before the deadly 5th wave hits?

You'll have to buy a ticket to find out. The only thing I can tell you for sure is that it is another spunky performance from the actress.

Over the course of a short but eventful career spirited characters have become her stock in trade. She has made a habit of playing people with rich lives swirling around them. For instance, she's a sparkplug teenage prostitute in The Equalizer, a confused best friend to Keira Knightley in Laggies and a movie star with a scandalous life in Clouds of Sils Maria.

Here are her top three career defining roles:

**Spunky:** In If I Stay Moretz plays Mia, a gifted teenage cellist from a family of musicians. When a catastrophic accident throws her into a coma she has an out-of-body experience. The rest of the story is told from the perspective of her memories before the accident and in the present, as she observes, ghostlike, the aftermath of the car crash.

Here she delivers what may be her best performance yet. As Mia she is a talented teen just discovering a life beyond the cello that has been her constant companion since she was young. It's a simple and uncluttered performance with a lot going on behind the eyes.

**Spunkier:** In the 2013 remake of Carrie she put her own spin on Stephen King's most famous character, originally played by Sissy Spacek in 1976. Where Spacek was a true outsider, an abused, naïve girl, Moretz plays her with a bit more pluck. Both are Ugly Ducklings transformed into swans and then monsters, unwitting and undeserving victims of horrible abuse, but Moretz gives Carrie more backbone than her predecessor.

**Spunkiest:** Undoubtedly her signature spunky performance came in 2010's Kick-Ass. If Quentin Tarantino made a kid's coming-of-age movie it might look something like Kick-Ass. It has most of his trademarks — clever dialogue, good soundtrack and some high octane violence — but there's a twist. The bloodiest, most cutthroat purveyor of ultra violence in the film is an 11-year-old girl.

The action scenes are plentiful and frenetic and once you get past the question, "Why would Chloë Moretz's parents allow her to do this?" they're really fun. It's a little unsettling to see a young girl wielding a switchblade, gunning down dozens of bad guys and going hand-to-hand with a full grown man, but not since Natalie Portman in Léon has the screen seen such a sweet-faced assassin.

### MOVIE RATINGS by Richard Crouse

| | |
|---|---|
| Dirty Grandpa | ★ |
| The 5th Wave | ★★ |
| 45 Years | ★★★★ |

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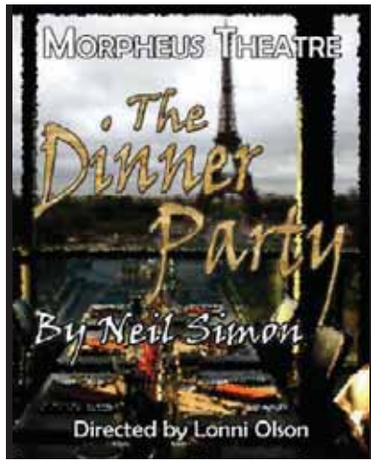


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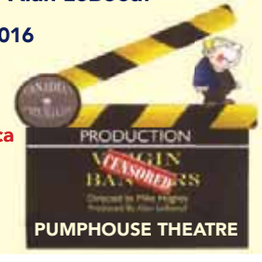


**THE TV DINNER** JESSICA ALLEN

# African Americans make up 1 million of the total 2.3 million Americans in prison and are incarcerated at nearly six times the rate of whites

In the 50th anniversary year of Truman Capote's genre-making masterpiece In Cold Blood, it seems suddenly everyone is watching, listening and talking about true crime. Last year's compulsive true crime programs came courtesy of the inaugural NPR podcast, Serial, and HBO's The Jinx. This year Nick Broomfield's fascinating films about Aileen Wuornos have popped up on Netflix, along with The Central Park Five, Ken's Burn's 2012 documentary about five black and Latino teenagers wrongly convicted of raping a white woman.

Maybe you've missed those. But I know very few who over the holidays didn't binge-watch Making a Murderer, the 10-part Netflix documentary about Steven Avery, a white man with an IQ of 70 from Manitowoc County, Wis., who spent 18 years in jail for a crime he didn't commit, was released, and then arrested two years later for murdering a woman.

It felt as though the show was all anyone could talk about: Did Avery do it? Or was he framed by the local police? Were the filmmakers one-sided?

I don't know — because I didn't finish it. It wasn't the horrific and violent crime of which Avery was convicted; it wasn't that the alleged police and judicial corruption didn't rouse anger; and it wasn't the potent display of how economic disparity in U.S. can make or break a life. There was something, which I'm anxious to admit, that I couldn't stomach.

**THE DOCUMENTARY: The Central Park Five**

**THE MEAL: A stiff drink**

But here goes: I didn't want to spend any more time with Steven Avery, because why Steven Avery?

"The reason we chose him was his unique status as an American who had been failed by the system in 1985, and had been repeatedly failed for another 18 years," said co-maker Laura Ricciardi, who filmed the documentary over a decade.

I'm not sold on how unique his circumstances are: "One out of three African American men may well end up going to prison," Hillary Clinton said in the most recent Democratic debate. "That's the statistic. I want people here to think what we would be doing if it was one out of three white men, and very often,the black men are arrested, convicted and incarcerated for offences that do not lead to the same results for white men."

"Who in America is satisfied that we have more people in jail than any other country on Earth, including China?" followed Bernie Sanders. "Disproportionately African American and Latino."

According to the NAACP, African Americans make up 1 million of the total 2.3 million Americans in prison and are incarcerated at nearly six times the rate of whites. What's more, "five times as many whites are using drugs as African Americans, yet African Americans are sent to prison for drug offences at 10 times the rate of whites." But "African Americans serve virtually as much time in prison for a drug offence (58.7 months) as whites do for a violent offence (61.7 months)."

Revenge is supposedly a dish best served cold. But when it comes to the reality of many Americans' lives, it's not even on the table.

Sandra Bland, Eric Garner, Walter Scott, and countless others, didn't get trials, which is why Making a Murderer made me lose my appetite. I'm going to re-watch The Central Park Five with a stiff drink, which won't solve anything.

**Jessica Allen** is the digital correspondent on CTV's The Social.

## STAR POWER

**Coffee spat over copycat**

A George Clooney doppelganger is brewing up tensions between two coffee companies in Israel.

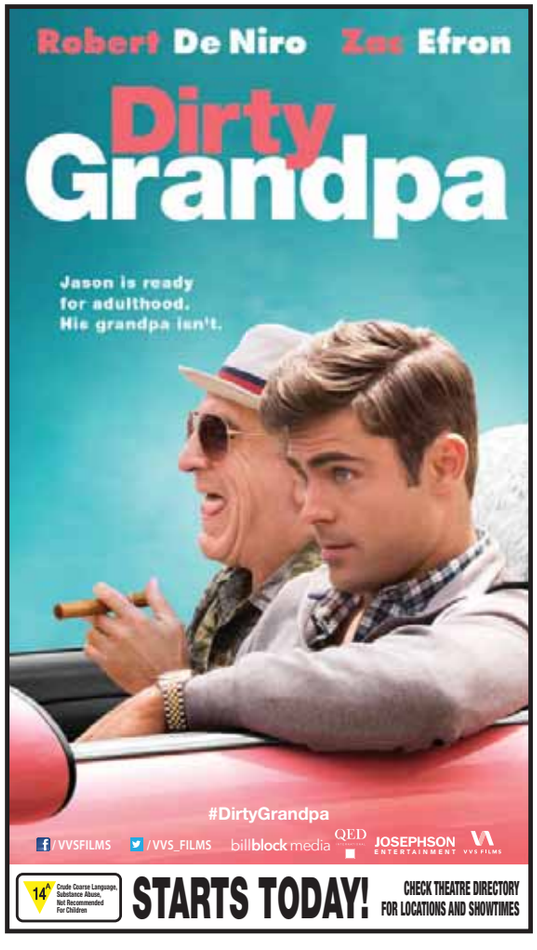
Nespresso is suing the Israeli Espresso Club for using an actor with a striking resemblance to the Hollywood star in one of its ads. Clooney is the face of Nespresso.

The ad shows the Clooney lookalike being schooled on the benefits of Espresso Club. A disclaimer on the screen warns that the actor, silver-haired and carrying what appears to be a Nespresso bag, "is not George Clooney."

Espresso Club says the tongue-in-cheek ad and the Clooney character were meant to target customers looking for a more "informal" coffee experience.

THE ASSOCIATED PRESS

**George Clooney, left, and the Espresso ad actor.** THE ASSOCIATED PRESS/YOUTUBE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**HOLLYWOOD**

# Will Smith latest star to boycott Oscars

Will Smith says he will not attend the Academy Awards next month, joining his wife, Jada Pinkett Smith, and others in protest against two straight years of all-white acting nominees. Best supporting actor nominee Mark Ruffalo also says he's considering skipping the ceremony.

"My wife's not going. It would be awkward for me to show up with Charlize (Theron)," said Smith on ABC's Good Morning America on Thursday. "We've discussed it, but at this current time, we're uncomfortable to stand there and say this is OK."

Smith, who some thought might be nominated for his performance in the football drama Concussion, said his decision was "deeply not about me."

"This is about children that are going to sit down and they're going to watch the show and they're not going to see themselves represented," said Smith.

Smith, who would likely have been a sought-after presenter at the Feb. 28 ceremony, becomes the biggest name to join a boycott of the Academy Awards following announcements by Spike Lee (an honorary Oscar recipient this year) and Pinkett Smith.

Ruffalo, nominated for his performance in the newspaper drama Spotlight, said Thursday that he's mulling joining the protest.

"I'm weighing it, that's where I'm at right now," Ruffalo told BBC News. "I woke up in the morning thinking, 'What is the right way to do this?' Because if you look at Martin Luther King's legacy, what he was saying was that the good people who don't act are much worse than the wrongdoers who are purposefully not acting and don't know the right way."

**"Diversity is the American superpower ... When I look at the series of nominations of the academy, it's not reflecting that beauty."**
Will Smith

One of the acting nominees joining the boycott would add a new chapter in the backlash that has roiled the Academy of Motion Pictures Arts and Sciences. Following the announcements by Lee and Pinkett Smith, academy President Cheryl Boone Isaacs has pledged "dramatic changes" to diversity in the academy's membership.

THE ASSOCIATED PRESS

**Will Smith, who has been nominated for an Academy Award twice before, for 2001's Ali and 2006's The Pursuit of Happyness, said he believes the industry can do better.** GETTY IMAGES

# Nick Robinson's disaster training

**Nick Robinson and Maika Monroe star in The 5th Wave.** CONTRIBUTED

THE 5TH WAVE

## Actor had plenty of prep for his latest movie role

**Emily Laurence**
Metro | New York

Nick Robinson is only 20, but he's already experienced two of the five disasters that take place in The 5th Wave, the new sci-fi movie he stars in alongside Chloë Grace Moretz and Liev Schreiber.

"I've experienced blackouts and an earthquake," he says. "The earthquake happened when I was 5 and lived in Seattle. I remember it pretty vividly, actually. The walls of the classroom were bending like a piece of paper."

In the movie, he plays Ben, a popular jock that Moretz's character, Cassie, has a crush on. When it comes to the disasters and deadly attacks, Ben just can't catch a break, but he preservers.

"In the face of overwhelming odds and defeat, Ben finds redemption," Robinson says. "He's very relatable that way. Everyone is faced with problems they don't think they can overcome. I can relate to Ben in that sense, too."

At its heart, the movie is about who your instincts tell you to trust, something Robinson says is incredibly timely. "It's the forefront of our national conversation right now, for better or for worse," he says.

> **I love how sci-fi allows you to explore some ideas and concepts that haven't been invented yet.**
> Nick Robinson

"I read a poll recently where people from different generations were asked if people were trustworthy. Most people who were Baby Boomers or from Generation Y said yes, but only 20 per cent of millenials said people were trustworthy.

"It's a depressing idea."

But Robinson had no problem trusting his cohorts on set, namely Liev Schreiber, who Robinson says became his on-set mentor.

"There was one scene where he suggested I play it a bit more angry. It was something that hadn't really crossed my mind before and it turned out to be the take they used," Robinson says.

Off-set, he mainly palled around with the other young actors, like Alex Roe and Moretz, who he says is from Atlanta, where they filmed, and knew all the fun hangouts.

"She also had a Jacuzzi, which was a perk. We put that to good use," he says.

But for a sci-fi lover like Robinson, who also starred in last summer's hugely successful Jurassic World, play bled into work for the duration of his time filming.

"I love how sci-fi allows you to explore some ideas and concepts that haven't been invented yet," he says.

"But it's not fantasy. It's rooted in reality and that's what I think makes it so interesting."

## FILM BRIEFS

**Jumanji gets remake**

The film remake of Jumanji based on the 1980s book by author Chris Van Allsburg will hit theatres in summer 2016, the release of Sony's Jumanji will take place July 28 reports the Hollywood News. Jake Kasdan of New Girl fame will direct the adaptation while Scott Rosenberg and Jeff Pikner have written the screenplay. In the original 1995 adaptation, Robin Williams played the character trapped inside a board game. AFP

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# Can you spot the Cancon?

Where a movie is shot doesn't mean a thing. What matters is who makes it. To determine whether a movie is Canadian, follow the money: it's all about the producers, the people financing it. The Canadian Audio-Visual Certification Office sets rules for what qualifies, including a 10-point system that looks at nationality of director, lead actors, screenwriter, and other categories. A film must hit eight out of 10 points. TORSTAR NEWS SERVICE

## Juno: No

This smart 2007 Oscar-winning comedy helped launch the careers of Canadians Ellen Page and Michael Cera. It was shot in and around Vancouver and directed by Montreal-born Jason Reitman. The entire production practically ran on maple syrup. But it's not a Canadian-produced film.

## Brooklyn: Yes

Montreal stands in for Brooklyn in this story of a young Irish woman's life in New York and Ireland. Brooklyn is a treaty co-production among Canadian, Irish and U.K. producers. Toronto-born Michael Brook wrote the score and the cinematographer was Montreal's Yves Bélanger.

## Titanic: No

Shot in Halifax, as well as aboard the Canadian icebreaker CCGS Louis S. St-Laurent and with Canadian director James Cameron at the helm (and Victor Garber in the cast), Titanic doesn't qualify as a Canadian film. So Leonardo DiCaprio and Kate Winslet will go on and on without the Great White North.

## The Witch: Yes

Written and directed by American Robert Eggers, starring American actress Anya Taylor-Joy and shot in the Ottawa Valley (as 17th-century New England), what makes this terrifying thriller (opening Feb. 19) a Canadian work is its production pedigree. A U.S.-Canadian effort, The Witch is co-produced by Daniel Bekerman's Toronto-based Scythia Films. And Toronto composer Mark Korven was responsible for The Witch's score.

## Room: Yes

It wasn't the fact you could recognize most outdoor scenes — the Beach boardwalk, Apache Burger, Bridgepoint Hospital and the DVP. It wasn't that Irish-born novelist Emma Donoghue, who wrote the screenplay from her novel, makes her home in London, Ont. Nor was it Vancouver-born co-star Jacob Tremblay. It was the financing, which was a Canada-Ireland treaty co-production.

## Resident Evil: Retribution: Yes

Directed by Paul W.S. Anderson and starring Milla Jovovich as the queen of the zombie slayers, the fifth movie in the Resident Evil franchise was the top Canadian movie of 2012 and winner of that year's Golden Reel Award for top domestic box office. Made in Toronto, it was produced by prolific Canadian filmmaker, Don Carmody.

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# Wristband tracks 14 heart-racing scenes

TECHNOLOGY

## 20th Century Fox measured biometrics of test audience

**Data collected from wearable tech devices prove The Revenant keeps audiences on the edge of their seat.** CONTRIBUTED

Ever been told a movie is a heart-pounding thriller that'll have you on the edge of your seat? Thanks to wearable technology, Hollywood has the tools to prove it.

20th Century Fox says that it used a wearable wristband on more than 100 people in test screenings for Oscar-contender The Revenant before it hit theatres in December. It's unclear if it's the first studio to obtain this sort of data from audiences, but experts say it's unlikely to be the last.

By measuring heart rate, skin moisture, movement, and audible gasps, Fox found the Leonardo DiCaprio vehicle had 14 heart-pounding moments where it measured significant jumps in people's heart rates. Fifteen scenes evoked fight-or-flight responses, as determined by a range of indicators taken together. The audience was also almost completely motionless for just over half of the 2.6-hour movie — in other words, says the studio, on the edge of their seats.

George Dewey, Fox's senior vice-president of digital, said the data complements traditional written surveys and focus groups. One of its advantages, he said, is that it cuts through some of the statistical "noise" that results when audience members influence each other after the movie.

"This is a pure way to measure individual audience response," he said.

Companies like the Innerscope Research unit of measurement and ratings giant Nielsen have been doing such biometric-based audience testing for nearly a decade, said Carl Marci, Nielsen's chief neuroscientist. But Hollywood, he said, has been shy about applying these techniques to movies due to the time and expense involved.

Taking such measurements has previously involved bringing viewers into the lab one at a time, where they can be monitored by medical-grade equipment that tracks everything from brainwaves to eye movement. The spread of inexpensive wearable sensors, however, is bringing costs down to the point where even movie producers with tight budgets can consider them.

Sensors that are "wearable and smaller and lighter and less expensive" are starting to hit the marketplace, Marci said. "This is one example of the wave."

Lightwave Inc., the technology company Fox hired to run the test, said it opted for the sensor-laden wristband to avoid "white coat syndrome" — the sort of elevated blood pressure and heart rate people experience when they know they're being tested. (Or just going to the doctor.)

"The participant feels like they're just going to a movie," said Lightwave CEO Rana June.

For now, Fox plans to use the technology for marketing — for instance, to highlight scenes that provoke more of a reaction among women in advertising that targets them. But Revenant director Alejandro Inarritu also saw the results, Dewey acknowledged. And it's not hard to imagine such pulse and respiratory data influencing the way directors and editors put together their films, much the way test-audience reactions can lead filmmakers to drop certain scenes, or even to change a movie's ending entirely.

Dewey, however, played down the likely impact on the moviemaking process. "Nothing's ever going to replace the artistry of filmmaking," he said. THE ASSOCIATED PRESS

# Now playing

COMEDY

## Dirty Grandpa

**Director: Dan Mazer**
**Starring: Robert DeNiro, Zac Efron**

A recently widowed veteran tricks his adult grandson into going on a road trip for Spring Break in Florida.

**ROTTEN TOMATOES™ SCORE**

| Critics: | Audience: |
|---|---|
| NOT YET REVIEWED | 94% |

MYSTERY/HORROR

## The Boy

**Director: William Brent Bell**
**Starring: Lauren Cohan, Rupert Evans**

Greta is a young American woman who takes a job as a nanny in a remote English village, only to discover that the family's 8-year-old is a life-sized doll that the parents care for just like a real boy, as a way to cope with the death of their actual son 20 years prior.

**ROTTEN TOMATOES™ SCORE**

| Critics: | Audience: |
|---|---|
| NOT YET REVIEWED | 92% |

ACTION & ADVENTURE

## The 5th Wave

**Director: J. Blakeson**
**Starring: Maika Monroe, Liev Schrieber**

Four waves of increasingly deadly attacks have left most of Earth decimated. Against a backdrop of fear and distrust, Cassie is on the run, desperately trying to save her younger brother. As she prepares for the inevitable and lethal 5th wave, Cassie teams up with a young man.

**ROTTEN TOMATOES™ SCORE**

| Critics: | Audience: |
|---|---|
| 20% | 95% |

DRAMA

## Anomalisa

**Director: Charlie Kaufman, Duke Johnson**
**Starring: Jennifer Jason Leigh, David Thewlis**

Michael Stone, husband, father and respected author of "How May I Help You Help Them?" is a man crippled by the mundanity of his life. On a business trip to Cincinnati, where he's scheduled to speak at a convention of customer service professionals, he checks into the Fregoli Hotel.

**ROTTEN TOMATOES™ SCORE**

| Critics: | Audience: |
|---|---|
| 94% | 78% |

DRAMA

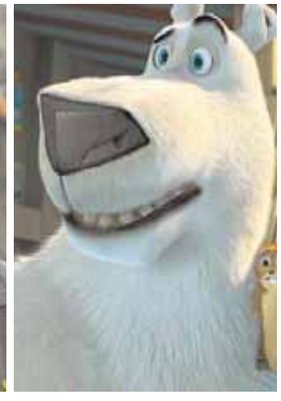
## Son of Saul

**Director: László Nemes**
**Starring: Géza Röhrig, Levente Molnár**

October 1944, Auschwitz-Birkenau. Saul Ausländer is a Hungarian member of the Sonderkommando, the group of Jewish prisoners isolated from the camp and forced to assist the Nazis in the machinery of large-scale extermination.

**ROTTEN TOMATOES™ SCORE**

| Critics: | Audience: |
|---|---|
| 92% | 88% |



ACTION/COMEDY

## Norm of the North

**Director: Trevor Wall**
**Starring: Rob Schneider, Heather Graham**

A polar bear of many words, Norm's greatest gripe is simple: there is no room for tourists in the Arctic. But when a maniacal developer threatens to build luxury condos in his own backyard, Norm heads to New York City to stop it.

**ROTTEN TOMATOES™ SCORE**

| Critics: | Audience: |
|---|---|
| 0% | 25% |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# Zac Efron: More than meets the abs

DIRTY GRANDPA

## Is the babe really a talented thespian? Maybe, at times

Matt Prigge
Metro | New York

Zac Efron stars alongside Robert De Niro in the spring break comedy Dirty Grandpa. CONTRIBUTED

This week, the first High School Musical movie turned 10 years old. You can't say it's too early to tell if its Abercrombie-and-abs male lead, one Zac Efron — the costar of this weekend's Dirty Grandpa, in which he parties with Robert De Niro — is secretly a talented thespian. After all, he's been in the game since the 1989 TV movie Triple Play. He should have figured what he's capable of by now — or at the very least, we should have figured out what we think about him.

And yet it's still hard to tell. This much we do know: When he's making fun of himself and his bro-ish stature, he's very good.

When he popped up as a Pabst-crushing, devious frat lord in Neighbors, it was a revelation. Not only did he prove a fine, smarmy foil to Seth Rogan's discombobulating young dad, but he quietly telegraphed a real panic: Maybe boozing through college was his peak. Maybe he can do nothing but take his shirt off. You could even sense the real Efron freaking out underneath his perfectly sculpted figure and six-pack abs.

He had good reason to worry: When he's tried for serious and/or indie roles — in Richard Linklater's Me and Orson Welles, in Ramin Bahrani's At Any Price — he was bland and vacant.

Director Lee Daniels used that well in his reliably insane The Paperboy, in which the pretty boy did little but bop about in his tighty-whities and, in one scene we still can't believe exists, got peed on by Nicole Kidman. (He'd just been stung by a jellyfish. It totally makes sense.)

When he tried to cut loose, with the rom-com The Awkward Moment, he came off as heartless, not funny and charming. (Please read Bilge Ebiri's brilliant review, which jokingly reads it as a dark drama about a predatory sociopath.)

And yet this summer he surprised us again. Yes, everyone hated the DJ drama We Are Your Friends, and it had one of the worst openings of any wide release in history. But Efron actually found a touching soulfulness to his young, precocious and foolish aspiring music maker, subtly — subtly! Zac Efron can be subtle! — conveying that point in dumb youth when we realize everything we assumed about ourselves and our futures is wrong. It suggested he might, in the right hands, as he comes upon his 30s, evolve into a strong dramatic actor — or at least better than he was as a soldier in the Nicholas Sparks outing The Lucky One.

### A LOOK BACK

**Zac Efron's past roles:**

**17 Again (2009)**
Early in his career Efron was happy to take shallow parts typecasting himself as a pretty boy heartthrob with funny one-liners. It's a card he played well in 17 Again, where a 37-year-old is reincarnated as a 17-year-old

**Charlie St. Cloud (2009)**
Even though comedy is where he shines, Efron took on a more serious role in this Nicholas Sparks adaptation about a young sailor who talks to his younger brother, who died in a car crash. The movie is so cheesy it's hard to watch.

**New Year's Eve (2011)**
In this movie, Efron plays a delivery dude tasked with helping a record exec complete a list of crazy resolutions before midnight. Efron is doing what he does best: serving as the humourous eye-candy. EMILY LAURENCE/METRO NEW YORK

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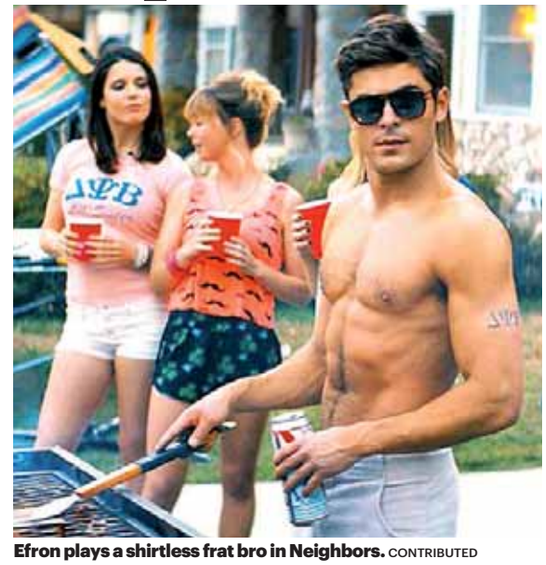
YOU'RE WELCOME

## The definitive ranking of Efron's best topless scenes

Emily Laurence
Metro | New York

Zac Efron is more than just a pretty face. His body is desktop-background worthy, too. After studying Efron's, er, body of work, it's clear that he's at his best when playing up his comedy skills and poking fun at himself. When he tries to get too serious in a role, he comes up short. Luckily, he knows it's part of his civic duty to strip down in virtually every movie he's ever in, ever. Here, we roundup his ab-solute best shirtless scenes.



Efron plays a shirtless frat bro in Neighbors. CONTRIBUTED

**1. Neighbors**
Efron is at his shirtless peak as the frat bro in Neighbors. It's no wonder at the end of the film, his character finds his true calling: as an Abercrombie & Fitch greeter.

**2. The Lucky One**
This Nicholas Sparks adaptation is almost too cheesy to watch. The movie has few redeeming qualities, but it does gift the world with Efron's hottest sex scene yet.

**3. Dirty Grandpa**
Whoever came up with the idea to make Efron do the macarena half-naked deserves a sincere slow clap. What would Dirty Grandpa be without that scene?

**4. That Awkward Moment**
Efron's shirtless scene in this movie was so good that he won an MTV Movie Award for it. He even manages to look sexy while planking a toilet. How many people can pull that off?

**5. The Paperboy**
This time, Efron is naked and wet — thanks, Hollywood! Normally tighty-whiteys on a grown man are unappealing, but Nicole Kidman doesn't mind and neither do we. Sidenote: how is his body always perfectly tan?

Gillian Anderson and David Duchovny team up to reprise their roles as FBI agents Fox Mulder and Dana Scully in the next chapter of The X-Files airing Sunday on CTV. HANDOUT

# Duchovny: 'We have chemistry and history'

THE X-FILES

## Star says Mulder and Scully bond just needs 'biology'

For Chris Carter, there's nothing scarier than sitting in an audience and watching The X-Files.

The first episode of Carter's reboot of his sci-fi franchise had its world premiere last October at MIPCOM, the international TV marketplace. It was screened again last week for critics at the California Science Center in Los Angeles.

Throughout both screenings, Carter squirmed in his seat.

"Television is something you normally experience in a small room with your friends and loved ones," he said. "I rarely get a chance to see it with an audience. It was thrilling, but it filled me with anxiety."

With original stars David Duchovny and Gillian Anderson back and, as Carter noted, "looking fabulous," The X-Files seems like a brand poised for a return to the world stage.

Duchovny and Anderson joined Carter last week at the Television Critics Association press tour. They were asked if the old chemistry was there. "We've gone beyond chemistry to history," said Duchovny, who teased fans by adding, "We have chemistry and history; we're going to try and have biology."

Both stars have enjoyed busy careers since The X-Files series ended 13 years ago. Duchovny, who went on to Californication and Aquarius, says his children are now old enough to watch the series. Anderson lives in London and balances stage work with series such as Hannibal and The Fall.

"Living over there, I found a mix between film and theatre and TV, and that suits me just fine," says Anderson.

Carter acknowledges the world has changed since the series launched in 1993. There are references to innovations such as Uber and WikiLeaks. Carter feels the world has become more conservative, more paranoid — riper for his brand of storytelling.

Television has also changed. Critics speak of a new "golden age" of TV drama, some of it made by people who got their start on The X-Files, including Homeland executive producer Howard Gordon and Breaking Bad's Vince Gilligan.

The X-Files also helped establish Vancouver as a main player in North American network TV production. The miniseries returned to the North Shore studios where it all began, with production wrapping a little over a month ago.

Duchovny — often blamed for the series relocating from Vancouver to Los Angeles after six seasons — says it felt like home being back in B.C.

"Although we shot in the summer when days were longer there and, ironically, it wasn't dark enough."

TORSTAR NEWS SERVICE

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# The personal side of Jillian Michaels

INTERVIEW

## Biggest Loser trainer lets us into her life in new docu-series

Don't get Jillian Michaels started on the chickens.

There were supposed to be six but only five showed up when her partner, Heidi Rhoades, cajoled her into collecting them from a loading dock for their farm, where they live with their two kids near Malibu, Calif.

"I was 20 minutes late to lunch with my lawyer," Michaels said in a Tuesday interview.

"I've got every employee on the dock of the post office looking for the sixth chicken that never effing existed in the first place."

Heidi's dream farm, and her dream role as the raiser of chickens, is just one slice of life that brings the funny in Just Jillian, an eight-part, docu-series on E! that puts a spotlight on the personal side of the health guru as she navigates her rapid-fire existence.

"She raised these damn chickens in the living room for three months, until they had feathers and could go outside," Michaels said.

"I couldn't even get out of my driveway the other day because the chickens were in the middle of the driveway."

The 40-year-old Michaels is loving life post The Bigger Loser and is hoping you laugh with her, not always just at her, about chickens and loads of other things.

"Opening up my life and my world in such a big way ... has been actually kind of a great experience for me thus far. No. 1, I love my life. ... On top of that, I am somebody that has been kind of put in a corner and become a cartoon character, so for people to see all sides of me now — the good, the bad, the soft, the hard, the laugh, the sad — is very welcome."

Michaels has been off the NBC weight-loss competition that boosted her celebrity as a badass trainer for a couple of years and now declares: "I'm done with Biggest Loser."

Instead, she loves taking on the "comedy of errors" of her life that occur on Just Jillian as "we go about our daily routine."

By that, she's talking about the dance of women everywhere "to be the best mom, the best co-worker, the best friend, the best daughter, and all of the absurdity in the minutiae. It's just a lot of fun."

Her kids, a three-year-old son and a five-year-old daughter, appear along with Michaels' adorable work husband, business partner Giancarlo Chersich, and others in her entourage.

Also caught on camera is Michaels' unique parenting style, including the moment she teaches her daughter the meaning of the word "bull (bleep)."

"I told her, it's when people run out of Halloween candy on Halloween," Michaels said.

The show promises guest appearances by the next generation of fitness celebs.

And watch for the beads of sweat when Heidi brings up the subject of marriage. The two have been together forever but are not legally hitched.

"I'm unbelievably superstitious," Michaels said.

"I'm like, we have this great relationship, we have this great life, why do you want to invite the devil?" THE ASSOCIATED PRESS

**Jillian Michaels says she's become a "cartoon character" and wants people to see her other sides.** THE ASSOCIATED PRESS

> **"I'm unbelievably superstitious. I'm like, we have this great relationship, we have this great life, why do you want to invite the devil?** Jillian Michaels on the prospect of marrying her partner Heidi Rhoades

# Barrymore builds on beauty brand

RETAIL MAVEN

## Star has big plans to grow clothing and cosmetic lines

Hollywood actress, director and author Drew Barrymore may soon add a new title to her resume: international retailer.

Barrymore launched her Flower brand of affordable cosmetics exclusively at Wal-Mart in 2013. Now she says she's in talks with retailers overseas to sell the cosmetics in such places as China, South America, Australia and the United Kingdom. She'll also be launching her own e-commerce business later this year.

Last year, she started selling an eyewear collection, also exclusively with Wal-Mart. And Barrymore told The Associated Press earlier this week she wants to expand into clothing, though it's unlikely it will be with Wal-Mart, even though she said she will always give the Bentonville, Ark.-based discounter "first right of refusal."

Barrymore didn't want to use her name for the brand, saying she's aware of the perils of a slapping celebrity name on a product.

"The name of the game is about how you financially succeed fast enough so somebody doesn't dump you, and grow slowly and thoughtfully so that you are just not a flash in the pan," said Barrymore, 40, in a one-hour address at the annual Financo CEO forum, an industry forum sponsored by the investment bank on Monday. Her father-in-law Arie Kopelman, the former president of Chanel, led the discussion in a room full of several hundred fashion industry executives.

Barrymore, the mother of two toddlers, has found a successful niche in the beauty business. Unlike other cosmetic brands that spend a big portion of their money on advertising, the Flower brand spends most of its money on formulations and packaging. That results in premium makeup quality, she said. Flower Beauty, launched in 1,600 stores, is now in 2,500 stores, according to Wal-Mart spokeswoman Molly Blakeman. Neither Barrymore nor Wal-Mart offered sales volume.

**FLOWER BEAUTY** Barrymore's message is about self-empowerment and inner beauty, with messages like, "Happiness is the best makeup."

**Drew Barrymore is expanding her brand online and globally.** AMY SUSSMAN/INVISION/THE ASSOCIATED PRESS

The Flower Beauty line, which includes fragrances, ranges from $5 for lip gloss to about $14 for foundation.

Wal-Mart says that the Flower eyewear is in all its stores that have vision centres, which number close to 3,000. Barrymore said it is the No. 1 brand of eyewear at the discounter, although Wal-Mart could not confirm that publicly. It ranges in price from $39 to $88.

Wal-Mart, she said, has been a "great" partner. But, she added, "at the end of the day, it is business. It is not friendship. They will drop us like a hot potato if we are not doing well."

As for her clothing venture, Barrymore, known for her Bohemian chic style, noted she won't be offering expensive clothes. "It's not the way I shop," she said.

THE ASSOCIATED PRESS

### BARRYMORE ON FINDING INSPIRATION

Drew Barrymore says that she gets inspiration from a lot of sources for her beauty collection:

"You will look at a woman's shoe and be inspired by the colour," she said. "I am always looking at everything for pigments and colours. The other day I took my daughter's paint and I couldn't stop playing with it ... I think whatever keeps you up at night ... that is what you should be doing. And if it feels like you are forcing yourself to be inspired by it, that's the wrong road." THE ASSOCIATED PRESS

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Originally Purchased at Calgary Honda. Local Vehicle. Came in on trade from a loyal Calgary Honda Customer. New tires. Excellent Condition. White exterior with Leather interior. Power Moonroof, Automatic Climate Control, Keyless Entry, Alloy Wheels. 109,379 kms.
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SALE PRICE $17,601 • SAVE $3,000
List Price: $20,601
2010 Dodge Grand Caravan SXT
Accident-free CarProof. Calgary vehicle. One owner trade-in. Gold exterior. Seats seven. Remote Keyless Entry, Bluetooth, Rear DVD, Alloy Wheels. 136,970 kms.
Stock# 27081A
SALE PRICE $10,601 • SAVE $2,000
List Price: $12,601
2012 Ford Focus Titanium Hatchback
Came on trade at Calgary Honda. Local Car. Excellent condition. Fuel Efficient vehicle. Automatic. Leather interior, Sunroof, Heated Seats, Park Assist, Alloy Wheels. Fun car to drive. Low Mileage. Only 34,890 kms.
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Stock# 06658A

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Stock# 06647A

List Price: $19,501
SALE PRICE $15,001 • SAVE $4,500

2011 Hyundai Tucson AWD Limited

All-Wheel Drive, Automatic Transmission, White on Black Leather interior, Navigation, Heated Front Seats, Power Seats, Bluetooth, Alloy Wheels, Fog Lights. With quality in mind, this vehicle is the perfect addition to take home. 85,791kms.
Stock# 06453A

List Price: $20,501
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2010 Hyundai Santa Fe GL AWD

6-Speed Automatic. 3.5L V6 Engine. All-Wheel Drive. Remote entry, CD Player, Power Seats. Grey Exterior. 97,615 kms.
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List Price: $18,501
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2010 Hyundai Elantra GL Sedan

This clean, well-cared car only has 74,178 kms. Red Exterior. Automatic. Air-Conditioned, Remote Entry, CD Player. Only 74,178 kms.
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# Six easy hacks for a classy glass of wine

Aiming for a new and improved you in 2016? That's tough. Improving your wine experience? That's not hard at all. We asked the pros for their best wine drinking tips that will make you a better person (or at least a better drinker)

THE ASSOCIATED PRESS

## Learn by degrees

Good reds taste better with a little chill on them and good whites taste better when they're not ice cold, says Joe Campanale, co-owner and beverage director for Epicurean Group. So if a red wine isn't being pulled from a temperature controlled cellar or wine refrigerator, put the bottle in a refrigerator for 15 to 20 minutes (or until slightly cool to the touch) before serving, says Jessica Pinzon, wine director of the Napa Valley's Miminashi restaurant.

## Add a touch of glass

Use clean, clear glasses with a good stem, says Campanale, who hosts the weekly In the Drink program on Heritage Radio Network. He uses Bordeaux-shaped glasses (your basic red wine glass) for "pretty much all wine, including Champagne." The stem plays an important role — keeping your fingers from warming the warm.

## Age wisely

Drink most white wines young, says Gordana Kostovski, general manager and beverage director of the Volver restaurant in Philadelphia. These days many red wines are made ready to drink on purchase, too. Big red wines, on the other hand — think French Bordeaux — may need a little more time. Wondering how long? That's a hard question to answer since wines vary. Ask at the wine shop or sometimes the label or wine website will offer suggestions.

BONUS TIP:
BUBBLY PERSONALITY
"Drink more bubbles," says master sommelier Andy Myers. And skip the flute, says beverage director Gordana Kostovski. Serve bubbles in a coup or regular wine glass.

## Savvy storage

Store wine on its side and in contact with its cork, says Kostovski. And if you've got a wine refrigerator, keep it at 55 F. If not, look for a spot in a basement or closet that's shaded from heat and light. Plan to open a nice, older bottle of wine? Stand the bottle upright for a couple days before the dinner party, advises Pinzon, This allows any sediment that may have settled in the shoulder of the bottle to settle at the bottom instead.

## Prime that wine

Drinking two wines at dinner out of one glass? Don't rinse the glass with water to make the change, says Chloe Helfland, sommelier at the SLS Hotel Las Vegas. Once the glass is empty, pour in a little of the second wine, swirl it, dump the rinse and you're ready for a proper pour.

## ... and most of all, relax!

Learning about and developing an appreciation for wine is interesting, but don't make it a chore. "Have fun and enjoy the wine; pair it with food and friends," recommends Kostovski. And while you're swirling and sipping — but not while pouring — try closing your eyes. "Feel the wine through your senses," she says, "Wine is romantic!"

German Wine Queen Josefine Schlumberger, centre, faced a 70-person jury to nab the job of being an international ambassador for her country's wine industry. TORSTAR NEWS SERVICE

# German queen of wine visits Canada

ON TOUR

## The 67th winner, talks vying for a life as vino royalty

It's the pageant you didn't know you were missing.

The women must be at least 18 years old and unmarried. They're judged before an intimidating 70-member jury on their poise, charm, confidence — and their knowledge of German wine.

It's the annual Wine Queen competition. The 67th victor recently touched down in Toronto at the beginning of a 12-month tour and spoke with the Star.

One woman from each of Germany's 13 wine regions, all studying oenology or from vintners' families, compete in the competition to become industry royalty and an ambassador for the country's wines around the globe. The winner is announced during a two-hour television broadcast.

She is 21-year-old student Josefine Schlumberger from Laufen, Germany, in the Baden wine region, and she's the newest in a long-running list of German Wine Queens, a competition which began in 1949, a time when the competition had a little "sexism" in it, she admits, noting the "unmarried" rule.

**All the Wine Queen candidates are supposed to be unmarried. Why?**
I think it's a really old rule and no one changed it. It's not really a reason you can explain in the modern times. It's just a stupid old rule.

**What qualifies you to be Wine Queen?**
It's really about knowledge and about how you are able to represent the wines in front of hundreds of people. You have to talk, you have to present yourself on the stage and you have to know a lot about wine, wine making, wine market.

**Why do you think you won the competition?**
I was really relaxed. I think that's a really good point if you're not too nervous. It doesn't really bother me to speak in front of camera and other people. It was not like "If I'm not Wine Queen my life will end." I had other plans also. I could go there and just relax, and see what comes.

**What was it like competing with the other girls?**
Between the girls, it's not really like we have a fight. It's more like an event and you do it together. You don't really fight against each other. Everyone knows it's a big chance, but most of the girls also say "OK, if it's not happening, so what? I have another life to do."

**Why is the Wine Queen title such an honour?**
It's not only an honour, it's also a really cool job. You have an opportunity to travel around the world and just do nothing else but convince people to drink wine and tell them how good it is. I think for every girl who is in this competition, wine is her passion. You go and travel one year for your passion and just tell the people how good it is.

**You're on a 12-month tour. Where to next?**
I'm not sure yet. I have no plan for the whole year. Normally it's all the bigger markets for German wine. The Asian market — China, Shanghai, Hong Kong — Norway, New York, London. All the countries that are important for the German wine market.

**What's your favourite type of wine and why?**
I really like in Germany that we have so many different styles and types. I really like fruity wines. Especially for white wines. It's also what German wine is about. It's fruity, it's fresh, it's fun to drink. That's a point about German wine. That should also be the point about all the wine, because wine should be fun to drink.

**What do you like to eat with your wine?**
Especially in Germany, I think you can find a wine for every meal. For example, Riesling, a little bit sugary, is good combined with Asian food — really interesting combination

**What are you looking for in a "King"?**
He should also enjoy life. And wine. And good food.

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List Price: $32,000
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8-Speed Automatic. 3.6L. Grey Extreior with Black Leather. Panoramic Roof, 20-inch Alloy Wheels, Navigation Package, Backup Camera. 54,542 kms.
Stock# P0029
SALE PRICE $33,000 • SAVE $3,000
List Price: $36,000
2014 Honda Accord Sedan EX-L
2.4L 4-cylinder engine. CVT automatic. Grey over Black Leather. Moonroof, 17-inch Alloy wheels, Backup Camera, Lane Watch system, Bluetooth, XM Radio, Dual Zone Automatic Climate Control, Heated Seats (front & rear), Remote Entry w/ Push Button Start. 31,387 kms.
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SALE PRICE $22,000 • SAVE $4,000
List Price: $26,000
2012 Audi S4 3.0T s-tronic Quattro
Quattro AWD. 3.0L Supercharged V6 Engine. 7-speed s-tronic Transmission. Black on Black. Audi Navigation, Metallic Pearl effect Paint, Rear Parking Sensors, Memory Seats, 19-inch 5-tri-spoke Alloy Wheels, Leather, Moonroof. 94,175 kms.
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List Price: $53,970
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2014 MINI Cooper Clubvan

Pepper White with Carbon Black Leatherette. Automatic Transmission, Auto Climate Control, Media Connect.
Demo. 6,355 kms.
Stock# M15413

List Price: $32,760
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2015 MINI Cooper 3 Door

Clean CarProof. Automatic Transmission. Blazing Red II with Black Leatherette. White Roof and Mirror Caps, Sunroof, Heated Seats, Bluetooth, Front and Rear Fog Lights. 14,197 kms.
Stock# MP0168

List Price: $25,500
SALE PRICE $23,000 • SAVE $2,500

2015 MINI Cooper 3 Door

Clean CarProof. Automatic Transmission. Blazing Red II with Black Leatherette. White Roof and Mirror Caps, Sunroof, Heated Seats, Bluetooth, Front and Rear Fog Lights. 21,741 kms.
Stock# MP0163

List Price: $25,500
SALE PRICE $23,000 • SAVE $2,500

2015 MINI Cooper 3 Door

Clean CarProof. Automatic Transmission. Blazing Red II with Black Leatherette. Black Roof and Mirror Caps, Sunroof, Heated Seats, Bluetooth, Front and Rear Fog Lights, 17-inch Cosmos Spoke Black Wheels. 16,326 kms.
Stock# MP0167

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## ROSE REISMAN THE SAVVY EATER

**THIS WEEK:** Snacks

Craving a savory snack? Depending on what you grab, a few handfuls can give meal-size amounts of fat.

### PICK THIS

**Terra Vegetable Chips Original**

**Portion** 20 chips
**Calories** 200
**Fat** 12 g

### SKIP THIS

**Planters Cocktail Peanuts**

**Portion** 1/3 cup
**Calories** 330
**Fat** 27 g

### HERE'S WHY

**Even more fat than a serving of Honey Garlic Chicken from Manchu Wok**

Peanuts and chips can be addicting, as we never eat only a handful. We often seek out these munchies while watching TV, sitting at our computer or socializing at a party — all which leads to mindless eating. When you're throwing snacks back by the handful, you're also devouring tons of calories, fat and salt. Nuts may be heart-healthy but they're not hip healthy! Opt for tasty vegetable chips. Moderation is key.

SCOTCH

# Raise a toast to Mr. Burns

**Peter Rockwell**
For Metro Canada

Short of the first stanza of Auld Lang Syne I'd be hard pressed to quote a single word Robert Burns ever wrote.

Not that that's ever stopped me from raising a glass to the bard every Jan. 25.

Though scotch, the liquid soul of Burns' native Scotland, is the only acceptable tipple when paying him tribute it can be a pretty polarizing spirit.

The blended variety is the gateway to Scottish whisky with The Famous Grouse ($26.29-$29.95) a mellow starter scotch.

Whisky from powerhouse single malt distilleries Highland Park and The Macallan are part of the blend and that pedigree has helped make it the best-selling scotch in Scotland.

If you're a go big or go home kind of drinker try the Laphroaig 10 Year Old ($75.77-$80.95).

A single malt from the Isle of Islay, it's a fantastic, palate-pounding mix of sea spray, peat and iodine.

If that sounds as appetizing as a mouthful of haggis, you'll be surprised how quickly you'll grow to appreciate its "unique" personality.

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BOOK EXCERPT **AT HOME WITH UMAMI ($24.95)**

# An apeeling tuna melt

Umami is the super-savory fifth basic taste. Both ubiquitous and elusive, present but often unrecognized, it has the extraordinary ability to enhance individual flavors, transporting dishes to another level. A Japanese word that translates as "savory deliciousness," umami is a universal concept that can be experienced by anyone with a tongue.

**Tuna Melt with Banana**

Sound nuts? Well you'd be nuts not to try this…

**Ingredients**

- 2/3 cup plus 1 tablespoon canned tuna
- 2 tablespoons mayonnaise
- 1 packed cup plus 1 tablespoon grated/shredded mature/sharp Cheddar cheese
- 2 teaspoons Taste #5 Umami Bomb/Paste Original Recipe [available on Amazon]
- freshly squeezed juice of 1/2 lemon
- 2 tablespoons coriander/cilantro, finely chopped
- freshly ground black pepper
- 2 thick slices sourdough bread
- butter
- 1 small red onion, cut in half and finely sliced
- 1 banana, sliced diagonally

**Directions**

1. Preheat the grill/broiler to the highest setting.
2. In a medium bowl, mix together the tuna, mayonnaise, most of the Cheddar cheese (leaving some to sprinkle on top), Umami Bomb/Paste, lemon juice and coriander/cilantro and season with plenty of freshly ground black pepper.

3. Place a large frying pan/skillet over a medium high heat. Butter one side of each slice of bread and place the bread, buttered-side down, in the pan/skillet. Top with slices of onion and banana.

4. Cook until the bottom of the bread is well toasted. Transfer slices of bread, toasted-side down, to a baking sheet and top with the tuna mixture and a sprinkling of extra Cheddar.

5. Put under the preheated grill/broiler for around 5 minutes until the topping is golden and bubbling.

Serve immediately.

**This recipe serves 1.**

**Laura Santtini** CONTRIBUTED

Laura Santtini is a food writer and 'gastropreneur' whose debut cookbook, Easy Tasty Italian won the Best First Book Award at the Guild of Food Writers Awards. A world expert in flavour, her follow-up book Flash Cooking pioneered a new cooking genre. Laura recently stepped into the family business — the Italian restaurant Santini in Belgravia, famed for being Frank Sinatra's favorite restaurant in the capital.

RECIPE

# Try adding Parmesan cheese to your ice cream treat

**Parmesan Ice Cream Sandwiches with Chocolate Balsamic Strawberries**

**Ingredients**

- 2 cups whipping cream
- 1/2 cup plus 1 tablespoon golden granulated sugar (preferably organic)
- 1 1/2 cups Parmesan cheese, finely grated

**Chocolate balsamic sauce**

- 2 tablespoons aged balsamic vinegar (Belazu is good)
- 1/12 oz. 100 per cent pure cacao or 85 per cent cacao dark/bittersweet chocolate

**To serve**

- 500 g ripe, juicy strawberries, stalks removed and sliced into quarters
- 1 handful of basil leaves, shredded
- 16 of your favourite crackers or plain cookies
- soft whipped cream
- salted caramel popcorn

**Directions**

1. Bring the cream to the boil with the sugar, stirring constantly.
2. Remove from the heat and add the grated Parmesan cheese, stirring until it melts. Allow to cool.
3. Scrape the mixture into a suitable lidded container and freeze overnight.
4. To make the chocolate balsamic sauce, put the balsamic vinegar and cacao in a bowl and stir until well combined.
5. Toss the strawberries and basil in the chocolate balsamic sauce.
6. Remove the ice cream from the freezer. Using a hot knife cut into squares (or rectangles) slightly smaller than the size of a cracker.
7. Sandwich an ice cream square (or rectangle) between 2 crackers and serve with a large spoonful of chocolate strawberry mixture, a dollop of whipped cream and a sprinkling of salted caramel popcorn

**This recipe serves 4.**

*Excepted from At Home With Umami (Ryland Peters & Small).*

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McDonald's Japan to sell chocolate-covered fries

# Traditional Japan

JAMES RAMIREZ

DREAM TRIP

## Window into iconic Japanese sites, experiences

**Jennifer Foden**
For Metro Canada

There wasn't an obvious abundance of red and white patches on backpacks, but I knew (from the stats) that Canadian travellers had been visiting Japan in record numbers.

I decided to explore the country for myself. Spoiler alert: once-in-a-lifetime cultural experiences ahead.

**Monks praying in Koyasan**

One of my first stops was Koyasan, a mountain area considered to be one of the most sacred places in Japan. Koyasan was full of surprises: from riding the train up the 800 metre Mount Koya to visiting the Oku-no-in Cemetery (which has more than 200,000 tombstones and 10,000 burning lanterns in the Hall of Lamps) to my overnight stay in a mountain temple.

The highlight was watching Buddhist monks pray in the morning. The entire ceremony was mesmerizing, from the chanting and banging of the drum, to the billowing smoke from the fire.

**Observing maiko in Kyoto**

Kyoto, 500 km from Tokyo, has plenty of impressive sights, including the iconic Fushimi Inari shrine. Its is also the birthplace of geiko (geisha) and maiko (apprentice geiko), traditional female entertainers and performers who still work in Kyoto and serve as cultural icons for the entire country.

**22K**

**Almost 22,000 Canadians visited Japan last October, almost a quarter more over the same time last year.**

In modern times, geisha are less common, with less than 250 of them in Kyoto, and teahouses where they can be seen generally don't accept guests without references (however, there are a few hotels that will arrange this for you). Having the chance to observe one of these face-painted beauties was like catching a glimpse of a secret society.

**Soaking in the natural hot springs in Hakone**

Approximately 80 km southwest of Tokyo is Hakone, a charming, mountainous town with spectacular Mount Fuji views and natural hot spring resorts. I stayed in a traditional ryokan (Japanese inn) and soaked my body in indoor and outdoor onsen (natural hot springs).

Some resorts won't allow bathers with tattoos, as they are associated with the Yakuza crime gangs. Be sure to check with staff. Also, be prepared to bare all: bathing suits are not normally allowed (although, don't fret: men and women bathe separately).

*This writer was a guest of G Adventures. They did not review or approve this story.*

## JAPAN NOT IN THE BUDGET THIS YEAR?

**Japanese kabuki set to perform in Las Vegas**

Japan's elaborate all-male kabuki theatre is heading to glitzy Las Vegas for a series of shows, in a bid to spread the classical Japanese art form to a global audience.

Japanese film and theatre company Shochiku said it would present the Japan Kabuki Festival in May, including a new play "created specifically" for a theatre in the U.S. entertainment centre. Kabuki is a form of traditional Japanese theatre that has been performed since the 17th century. Though women appeared in the beginning, kabuki shows came to be all-male affairs combining dance, drama and music with men playing female roles.

**Kabuki actor Ichikawa Somegoro.** AFP

The actors, scions of families of kabuki performers who usually begin training in childhood, don elaborate costumes, wigs and heavy makeup for performances on equally elaborate sets. AFP

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# Treehouse tops Airbnb's Wish List

ACCOMMODATIONS

## Sleeping in the woods offers a 'magic' experience

A charming treehouse hideaway in Atlanta, Ga. has emerged the most popular bucket-list retreat on Airbnb, garnering the most votes on the site's Wish List, a feature that allows users to bookmark their favourite properties.

Of the two million listings in 190 countries, the Secluded Intown Treehouse in Atlanta garnered the most clicks for offering guests the possibility of falling asleep in a forest canopy and waking up to the singing of birds.

At the Secluded Intown Treehouse, a trio of cabins built amidst tree trunks and leafy branches are decorated in antique and vintage furnishings and connected by romantic bridge ropes festooned with holiday lights.

**The Secluded Intown Treehouse has been praised for details such as heated mattresses and twinkle lights.** PRNEWS FOTO

The word "magic" is used often in the Airbnb reviews with guests praising the hosts for including small details such as wine and snacks on arrival and heated mattresses.

"This is the perfect and most comfortable place to enjoy simplicity and quietness. The trees and nature sounds are therapeutic and relaxing, and the twinkle lights add warmth and romance to the experience," wrote one guest.

It seems travellers are particularly smitten by the idea of living à la Swiss Family Robinson, as treehouses are also the most popular types of lodging on Airbnb Wish Lists, followed by igloos, vans, lighthouses and caves.

When it comes to destinations, Airbnb users are most enamored by Belize, which boasts the highest percentage of listings saved to Wish Lists, followed by Okinawa, Japan; Savannah, Georgia; Turks and Caicos; and Mendocino, Calif. AFP

### TOP TEN

**Most Wish Listed Properties on Airbnb:**

**1.** Secluded Intown Treehouse in Atlanta, Ga.
**2.** The Seashell House ~ Casa Caracol in Mexico.
**3.** Casa Barthel in Tuscany, Italy.
**4.** Unique Cob Cottage in Mayne Island, B.C.
**5.** Aroma(n)tica TreehouseinMonferrato in San Salvatore Monferrato, Alessandria, Italy.
**6.** Mushroom Dome Cabin in Aptos, Calif.
**7.** Pirates of the Caribbean Getaway in Topanga Canyon, Calif.
**8.** Balian Treehouse with private pool in Bali.
**9.** Brand New Mini Loft in Rome, Italy.
**10.** Off the Gridit House, in Pioneertown, Calif.


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AIRFORDABLE

# New site lets flyers pay for tickets on layaway

A startup company has come up with a solution for cash-strapped travelers with a payment plan that allows flyers to pay for their ticket in instalments.

Launched last month out of Chicago, Airfordable is aimed at credit card-less travelers such as students or those with poor credit and allows them to pay for their tickets in a scheme akin to layaway programs at retail stores.

After finding a flight from any website, users upload a screenshot to the Airfordable platform, which then offers up a variety of different payment plans.

Users pay a third of the cost upfront as a deposit and can pay for the balance of the ticket in instalments before their travel date.

The birth of Airfordable can be traced back to founder Ama Marfo's student days, when she was living in the U.S. as an international student from Ghana.

In a blog post, Marfo explains that the idea came to her when a friend was forced to sit out a trip Marfo had organized to Ghana, because she couldn't afford the plane ticket. Prohibitively expensive plane tickets also forced Marfo to spend holidays in her dorm alone, far from her family in Ghana, she says.

**Cape Coast Castle in Ghana. Ama Marfo said she started Airfordable because as a student she didn't have money to fly home to Ghana on breaks.** ISTOCK

**20%**

**The scheme doesn't collect interest, but charges a service fee of 20 per cent, which is spread out into monthly payments.**

"If Airfordable were around during my college days, my friend could've explored, first-hand, the rich culture of Ghana and international students could've had an affordable way to spend special holidays in their respective countries," Marfo writes.The limit for airline tickets is $2,000 US and flights must be booked a minimum of two months' out. AFP

## TRAVEL NOTES BUCHAREST BATHS, HEMINGWAY'S HOME

### Huge new thermal bath-and-spa complex opens in Bucharest

Austria's A-Heat Group has opened a giant thermal bath-and-spa complex in Romania that it says is the largest in Europe. The US $55 million centre, which opened recently just north of Bucharest, uses hot water pumped up from more than 3 kilometres underground and cooled to a constant 33 degrees Celsius in its eight pools. THE ASSOCIATED PRESS

**New spa in Bucharest.** THE ASSOCIATED PRESS

### Contest offers writing time in Hemingway's studio in Key West

Anybody can tour house in Key West, Fla., where Ernest Hemingway lived in the 1930s. Now, the Florida Keys Flash Fiction Contest is offering up to 10 days of writing time in the studio at the Ernest Hemingway Home & Museum, plus 21 nights at a residency cottage at The Studios of Key West. Entries of no more than 500 words may be submitted by March 31. THE ASSOCIATED PRESS

**Hemingway's former home.** THE ASSOCIATED PRESS

### Cuba tops luxury travel list

According to the annual Travel Leaders Group luxury travel survey, Cuba is going to be the biggest up and coming destination for those that like to travel in style and with a sense of adventure.

The report puts the Caribbean island in first place as the biggest emerging destination for the new year, followed by the United Arab Emirates. AFP

**Budget and luxury travellers love Cuba.** ISTOCK

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It'll be hard to leave Quebec City after just 48 hours, but the memories will stay. ISTOCK

# Quebec City as a weekend affair

WHIRLWINDS

## Passionate, brief: Jewel of French Canada in 48 hours

Romantic, rejuvenating and far too brief: It's impossible to experience all the delights of the jewel of French Canada in two days, but here's how you can do it:

**Day One:**

**Morning:** Stroll along the Dufferin Terrace in front of the Fairmont Le Château Frontenac to admire the iconic hotel and views of the St. Lawrence River below. Tread carefully down the steep Breakneck Stairs from the Place d'Armes to Lower Town.

**Noon:** Treat yourself to a gourmet lunch at Panache, a restaurant set in a historic warehouse that adjoins Auberge Saint-Antoine, a family-owned hotel where guests have included Paul McCartney and Cindy Crawford.

**Afternoon:** Stop into the modern Musées de la Civilisation in Old Port, where there are several intriguing exhibitions, including Egyptian Magic. Wander over to Place Royale, where Samuel de Champlain set down roots in 1608 and soak up the historic ambience of the old stone buildings. Admire the oldest stone church in North America, Notre-Dame-de-Victoires. Squeeze into a crowded gift shop to ride the funicular for $2.25.

**Night:** For traditional cuisine, try Aux Anciens Canadiens on Rue Saint-Louis. It's in the oldest house in Quebec and has offerings like pea soup, baked beans, bison and deer.

**Day Two:**

**Morning:** Trek down to Lower Town for shopping along Quartier Petit-Champlain's narrow cobblestone streets. Stop into the Three Crow Glass Studio and feel the heat as blowers work their magic with molten glass. After a bout of window shopping and a credit-card workout, you can hop on the Quebec-Levis ferry in Old Port. The journey across the river offers stunning views and great photo ops. It's a bargain at $7.

**Noon:** For some tasty eats and trendy ambience, trek up to the Château Frontenac and dine in Le Sam, Bistro évolutif.

**Afternoon:** Check out the formidable defence system developed between 1608 and 1871 in North America's only remaining fortified city.

**Night:** for a twist on traditional French-Canadian cuisine visit La Buche, a fun new eatery on Rue Saint-Louis. Its menu offerings of tourtière, smoked salmon, poutine and poor man's pudding are divine.

TORSTAR NEWS SERVICE

*The writer received a hotel room from Tourism Quebec, which didn't review or approve this story.*

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metro SPORTS

Habs GM Marc Bergevin says Carey Price will be out up to four more weeks and coach Michel Therrien's job is safe for the rest of the season

# Flames get down to it with win in Ohio

NHL

## Bennett keeps hot stick aglow with two-goal contribution

Rookie Sam Bennett scored twice and Johnny Gaudreau had the tie-breaking goal to lead the Calgary Flames to a 4-2 win over the league-worst Columbus Blue Jackets on Thursday night.

Michael Frolik also scored as Calgary improved to 6-7-1 since a seven-game winning streak in early December. Mark Giordano and Mikael Backlund each added two assists, and Karri Ramo stopped 27 shots.

Bennett has seven goals in his last four games, including a four-goal game against Florida on Jan. 13.

Scott Hartnell and Brandon Dubinksy scored for Columbus, which lost Sergei Bobrovky to another lower-body injury. Playing his second game since missing 17 with a groin injury, Bobrovsky left with 8:30 remaining in the second period after allowing two goals on 13 shots. On Tuesday, he gave up five goals on the first 15 shots in a 6-3 loss to visiting Washington.

Joonas Korpisalo finished with 12 saves.

Tied 2-2 after two periods, Gaudreau gave Calgary its third lead with his 20th of the season at 1:28 of the third. The crafty winger skated the puck from centre ice to the bottom of the left circle and beat Korpisalo, deep in the crease, with a high shot.

Near the midpoint of the period, the Blue Jackets' Cam Atkinson hit the right post from the right hash mark.

Bennett gave the Flames a two-goal cushion with 5:32 left, jamming home a wrap-around for his 13th.

THE ASSOCIATED PRESS

**Flames goalie Karri Ramo turns aside the Blue Jackets' Boone Jenner during the second period of Thursday night's game in Columbus, Ohio.** JAY LAPRETE/THE ASSOCIATED PRESS

THURSDAY **In Ohio**

| 4 | 2 |
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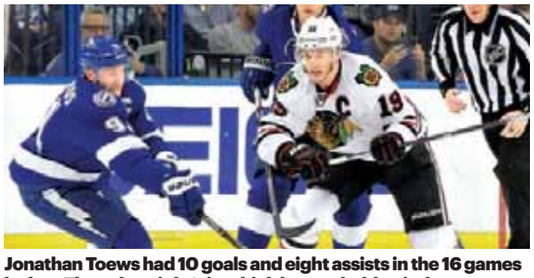
| FLAMES | JACKETS |

STANLEY CUP REMATCH

# Bolts end Blackhawks' win streak at 12



**Jonathan Toews had 10 goals and eight assists in the 16 games before Thursday night's in which he was held pointless.**
CHRIS O'MEARA/THE ASSOCIATED PRESS

Nikita Kucherov snapped a second-period tie with his 20th goal and the streaking Tampa Bay Lightning ended Chicago's franchise-record 12-game winning streak with a 2-1 victory over the defending Stanley Cup champions on Thursday night.

The win was the seventh straight for the Lightning — one shy of a team record — and gave the defending Eastern Conference champs a split of the season series with the Blackhawks, who won last year's Stanley Cup final in Tampa Bay in Game 6.

Ben Bishop had 17 saves as the Blackhawks were held to a season-low 18 shots. Corey Crawford stopped 31 shots to keep the Blackhawks in the game, but it wasn't enough to extend a career-best nine-game winning streak for the Chicago goaltender.

Anton Stralman scored in the first period and Victor Hedman had two assists for the Lightning. Artem Anisimov scored Chicago's lone goal in the opening minute of the game. THE ASSOCIATED PRESS

FIGURE SKATING

# Osmond eyes title after bad break

At this time last year, Kaetlyn Osmond was on vacation in Mexico, on a self-imposed exile from the figure skating world.

She'd left her cellphone and laptop back in Edmonton. And when Gabrielle Daleman won the Canadian women's title, Osmond purposely wasn't paying attention.

"Missing it was really, really hard. So I actually disappeared for a week so I didn't have to deal with it," Osmond said.

> **"I thought that was it, that was all I could handle.**
> Kaetlyn Osmond

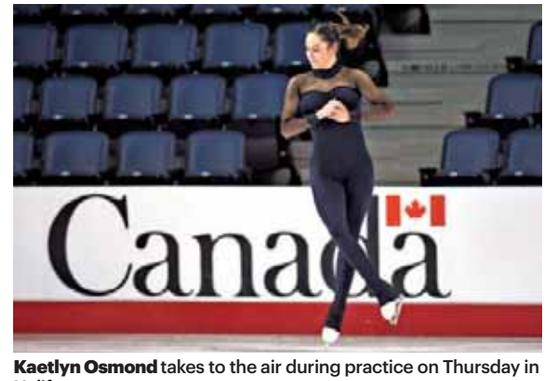
The two-time national champion is out to reclaim her Canadian title this week in Halifax, continuing her return from a gruesome broken leg that knocked her out for all of last season and had her wondering if she'd ever skate again.

"When I heard the severity of it, I thought that was it, that was all I could handle," the 20-year-old Osmond said.

She broke the fibula in her right leg in two places in September of 2014, when she swerved to avoid hitting someone in practice. The X-ray showed the bones snapped "crooked and sideways."

"I was scared to even step on my leg, let alone even try to skate again," Osmond said of her recovery. "And when I got back on the ice, my first couple of steps, my blade just shook underneath me. It took me about two weeks before I could even do a three-turn (turning from forward to backward) again.

"So it was a long time coming, but I'm back." THE CANADIAN PRESS




**Kaetlyn Osmond** takes to the air during practice on Thursday in Halifax. DARREN CALABRESE/THE CANADIAN PRESS

## MLB IN BRIEF

**Donaldson to make cameo appearance on TV show**

The TV series Vikings is bringing in a heavy hitter for its new season.

Toronto Blue Jays slugger Josh Donaldson is heading to Ireland this week to film an episode of the History show.

The reigning American League MVP is apparently a big fan the Canadian-Irish drama.

History says Donaldson will play the role of Hoskuld, a Viking warrior. The episode is set to air later this year as part of the fourth season. THE CANADIAN PRESS

**Chapman free of charges**

Florida prosecutors have decided not to file charges in a domestic disturbance case involving New York Yankees pitcher Aroldis Chapman and his girlfriend.

According to a police report, Chapman's girlfriend, 22-year-old Cristina Barnea, told police he pushed and choked her. Chapman said there was an argument, but he said he was pushed down by Barnea's brother. Chapman said he eventually got a handgun and fired eight shots into a wall and window while locked in his garage. THE ASSOCIATED PRESS

# Cam is just a big kid

NFC CHAMPIONSHIP GAME

## Panthers QB says he doesn't get nervous as Arizona awaits

**Cam Newton became the first QB to throw for 35 TDs and run for 10 in a season.**
GRANT HALVERSON/GETTY IMAGES

In the waning moments of a strange 35-35 game against the New York Giants, as things seemed to be collapsing all around him and tempers were flaring after every whistle, Cam Newton stood calmly on the sideline, his hands tucked firmly inside his shoulder pads near his neck as he nodded his head confidently.

Sure, the Carolina Panthers had just squandered a 28-point lead on the road, but Newton's locked-in facial expression was that of a man who seemed to know he had the game in the bag. He just knew. Such is the demeanour of Newton, who has gone from Heisman Trophy winner and national champion at Auburn to No. 1 pick in the draft and now, in his fifth season, a leading MVP candidate for the NFL's best team.

"I don't get nervous," Newton said bluntly. "I've been playing football too long for me to get nervous. I have dreamed of being in this position."

Newton is in position to get the Panthers to the Super Bowl for the first time since 2003. All that stands in the way is the Arizona Cardinals in the NFC championship game on Sunday.

"This," Newton said, "is why you play football." Newton's confidence is on display weekly.

It's there when he breaks the huddle, saunters up the line and looks over the defence.

It's there when he shakes off a 280-pound defensive end and finds an open receiver down the field. Centre Ryan Kalil said Newton hasn't changed an iota as a person since coming into the league in 2011, but what changed is his self-confidence — particularly in a season when he became the first QB to throw for 35 touchdowns and run for 10 in a season.

> **When you see me play, you see a kid out there. Some people call it immaturity, I could care less.**
> Cam Newton

"Honestly that comes from experience and playing more football. He's grown up," said Kalil.

Opponents see Newton's energy and how it makes those around him better. "It's contagious," Arizona defensive tackle Calais Campbell said.

"You can see the whole team feeds off of it." THE ASSOCIATED PRESS

## AFC CHAMPIONSHIP GAME

**Inevitable trash talk aimed at Pats ahead of Broncos test**

Gronk pushes off. Brady whines.

If it's AFC championship week, somebody must be complaining about the New England Patriots.

This time around, it's the Denver Broncos, who have delivered a few hits through the media — both traditional and social — in a not-so-subtle attempt to get inside the heads of both the Patriots and, quite possibly, the officials who will call Sunday's game.

The biggest pokes have, not surprisingly, been directed at Patriots tight end Rob Gronkowski, with the Broncos suggesting he likes to push off and how it's really best to tackle him by going after his delicate knees. Gronk didn't appreciate that and responded in R-rated fashion on Twitter.

Tom Brady took some shots, too, labelled a crybaby for complaining to refs.

**Rob Gronkowski**
GETTY IMAGES

"Just talk. Just talk," Broncos tight end Vernon Davis said. "I don't think they would say anything to target anyone on the Patriots side."

These early week doses of trash talk have calmed down now that the real preparation has begun. Still, they've made for a decent story line to go beside the hundreds of different takes on Tom Brady vs. Peyton Manning, Part 17.

Broncos defensive back Bradley Roby finds all the back-and-forth highly entertaining. It's juicy stuff.

"We're not worried about the trash talking, just makes it more exciting," Roby said. THE ASSOCIATED PRESS

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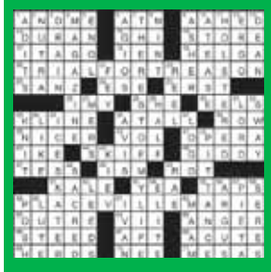

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**for more fun and games go to metronews.ca/games**

# RECIPE Pepperoni Pizza Grilled Cheese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

It's Friday and you've earned an easy dinner. Rather than ordering in pizza, whip up this ooey-gooey pizza-themed grilled cheese.

**Ready in**
Prep time: 10 minutes
Total time: 20 minutes
**Makes 2 sandwiches**

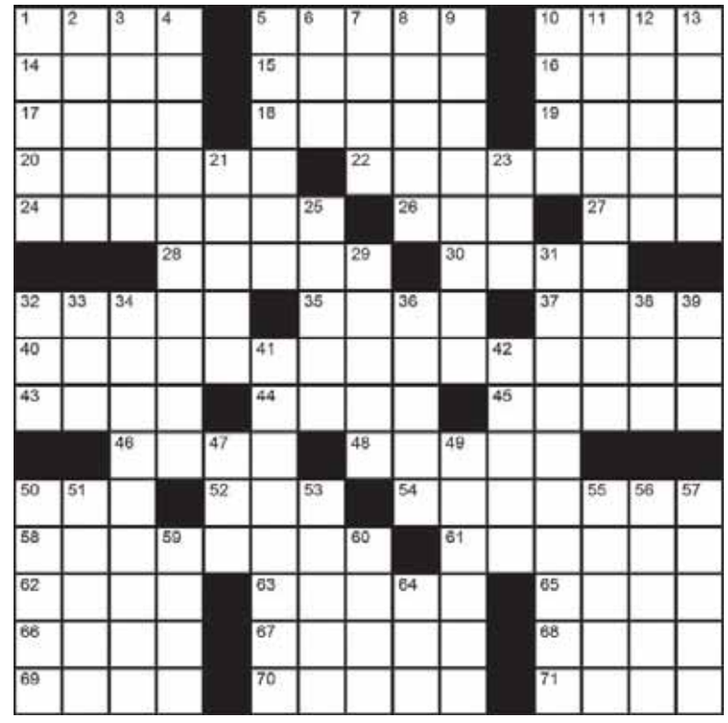
**Ingredients**
- 4 slices of sourdough or wholegrain bread
- 2 tsp garlic butter
- 1/2 cup ricotta cheese
- 4 basil leaves, torn into small pieces
- 2 slices mozzerella cheese
- 16 to 20 slices of pepperoni
- 2 slices fontina cheese
- Extra Virgin Olive Oil

**Directions**
**1.** Preheat a skillet over medium heat with a drizzle of olive oil.
**2.** Butter one side of each slice of bread. Place pieces of bread butter side down on a clean surface or cutting board. In a small bowl, mix ricotta with basil pieces. Spread one slice of bread with about a tablespoon of ricotta. Place one slice of mozzarella on ricotta cheese. Now place a layer of 8 to 10 pieces of pepperoni down. Lay a slice of fontina on other slice of bread. Close sandwich and place in skillet.
**3.** Grill until lightly browned and then flip over; continue grilling until cheese is melted and gooey. Repeat for second sandwich.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Goulash
5. __ rug
10. In __ (Up the proverbial creek)
14. Johnny Carson's predecessor Jack
15. Canadian performers' union
16. __-_'-shanter
17. Dugout shelter
18. "Every __ Way But Loose" (1978) starring Clint Eastwood
19. Mr. Seacrest
20. "That's for darn sure!": 2 wds.
22. Seedy part of town, _-__ district
24. Gets comfy
26. Game cube
27. Singer Mr. Jarreau's
28. Thin piece of wood
30. Type of tape
32. Lei-wearer's greeting
35. Space mission org.
37. City in Europe once called Christiania
40. Parliament Hill: Where Canada's fallen soldiers are honoured in the Peace Tower: 2 wds.
43. Etre - Present: Je suis ...Ils __
44. Cairo's river
45. 'Twilight' books author Stephenie
46. Time __ __ the essence
48. Accessory for 'meshy' hair
50. Increase, with Up
52. Dustup
54. Signs up
58. Guacamole ingredients
61. Inwardly boil
62. Plain
63. Clear
65. Aquarium fish, __ Tetra
66. Seaport of Yemen
67. Fashionably prance
68. 'Smart' suffix (Brains)
69. Quiz
70. Emperors like Genghis
71. Dueling sword

**DOWN**
1. Barcelona's country
2. Dinette set piece
3. British peers
4. Some puck-propelling moves in hockey: 2 wds.
5. "Tom __" by Rush
6. German 'I'
7. Awaken
8. Curved
9. Hoity-toity
10. Longfellow's bell town
11. Starring role for Canadian actor James Rennie (b.1890 - d.1965) in the 1926 Broadway adaptation of F. Scott Fitzgerald's 'Great' 1925 book: 2 wds.
12. Menotti opera, __ and the Night Visitors
13. Montreal's 'Royal', and others in French
21. "...I thee wed." locale
23. Romanian currency
25. __ Peninsula, in Egypt
29. Gets boring
31. Canada's Caroline Rhea, for one
32. Day-starting hrs.
33. Mr. Tolstoy
34. Those who dine on both animal cadavers and plants
36. Vista
38. Author Harper
39. Bruins legend Bobby
41. Where pamphlets, directions, answers to questions, etc. might be provided in a public building: 2 wds.
42. Arcade game, Whac-_-__
47. British singer Rita
49. Early stages of things
50. Morocco's capital
51. Circumvent
53. Something's value
55. Acutely alpine
56. Things over there
57. Gumption
59. Rapper 50
60. Fleetwood Mac hit
64. Big bright blazing ball

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
Don't limit yourself to tried and trusted ways of doing things today. If you are open to new possibilities you may come up with new ideas and impress people in positions of power.

**Taurus** April 21 - May 21
Be true to your beliefs, even if it brings you into conflict with people you would prefer not to antagonise. You're entitled to your opinions and have the right to think for yourself.

**Gemini** May 22 - June 21
You've been ignoring warning signs and pretending that nothing can go wrong. The planets warn if what you ignore can in some way affect your earning power it could cost you. Get your act together before it's too late.

**Cancer** June 22 - July 23
If you don't feel like pushing yourself today, then don't. If you're given the choice between doing more or less, choose the latter without hesitation.

**Leo** July 24 - Aug. 23
You may find it hard to think outside the box today and could reject good ideas simply because you don't have the confidence to make something of them. That would be a shame.

**Virgo** Aug. 24 - Sept. 23
Be careful what you allow yourself to believe because the facts are not as obvious as you would like them to be. With Mercury, planet of the mind, still moving retrograde you must not take anything on trust, not even your own ideas!

**Libra** Sept. 24 - Oct. 23
There is no point aiming for perfection because you will never reach it. All you can do is aim to be the best at what you do and to be happy with that. Set yourself new goals.

**Scorpio** Oct. 24 - Nov. 22
You may be bored with your current situation but what happens next will cheer you up. When Mercury, planet of the mind, turns in your favour again on Monday life will become a lot more fun than it has been of late.

**Sagittarius** Nov. 23 - Dec. 21
You may be pessimistic about money matters and that's fine. The last thing you need is to take some kind of gamble, because it's unlikely to pay off. Keep your cash in your pocket.

**Capricorn** Dec. 22 - Jan. 20
So long as you enjoy what you are doing it doesn't matter what anyone else thinks about it. You've been taking other people's opinions into account too much lately.

**Aquarius** Jan. 21 - Feb. 19
You will be concerned with ideas and their practical application today but don't get so bogged down in your own thoughts that you miss what is taking place in the world around you.

**Pisces** Feb. 20 - March 20
Your life will change for the better but you should not be waiting for things to happen, you should be making them happen. Upcoming events will give you a more positive outlook. After that it's up to you.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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| | 3 | | | 2 | 6 | | | |
| 2 | | | 4 | | | 9 | | |
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DON'T LIVE IN THE PAST

Despite David's past achievements of killing lions and bears with his bare hands, he was not carried away. Rather, he acknowledged God in his encounter with Goliath whom he eventually defeated. You can overcome any situation of life if you focus on God and not your past records, while holding on to the word of God that says, "Blessed is the one who trusts in the Lord, whose confidence is in Him." (*Jeremiah 17:7 NIV*). Remember that your relationship with God starts with surrendering your life to Jesus.

*For prayers and counseling call the pastor at 587.579.0454*

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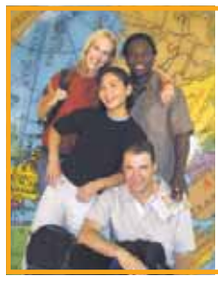

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